

2020 Diet 9 Diet Secrets Ebook



9 Secret that can make or
break your diet success

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Preface

Welcome to the 20/20/20 Diet's 9 Diet Secrets Ebook. Even though this ebook cost you nothing, the time you take is a tremendous investment toward your weight loss and your future. This is the FIRST STEP toward achieving the body of your dreams.

Before you get to the diet secrets, I want to tell you why it's important to read the entire ebook now and pay close attention to each secret and the details of how they work.

As you may already know, I spent much of my life, almost 10 years, struggling with my weight. I tried every fad diet, weight loss potion and pill, and every late night ab miracle machine on the market. I wanted nothing more than to find the quickest, easiest way to weight loss possible.

After struggling most of my life, my weight kept getting worse and worse, and I finally hit an all time high. I weighed over 250 lbs, and I didn't feel good. I had no energy or drive and I was embarrassed to even go shopping. I waddled when I walked and my belly hung out too far from my waist.

After getting divorced, I decided it was time to change things for good. I had lived too long with this extra fat and it was time to get healthy. I had two little girls to take care of and I wanted to be able to run and hike and play with them, not just watch TV and sleep.

I had one problem, everything I had tried in the past hadn't worked. Some of it had worked for a while, but eventually, I would gain weight again and be fat and uncomfortable and feel like a failure.

So, I decided to start researching just what the best ways to lose fat and gain muscle were. I found out what worked and what didn't, and I spent hundreds of hours reading and taking notes. Then came the pivotal point. I had to see if it would work for me.

One of my biggest problems with weight loss has always been that I am a bit of a food addict. I love food. I used to eat just because something sounded good, even if I wasn't hungry. So I knew I had to figure out a way to lose weight, but still enjoy food.

My other problem with the mainstream weight loss methods was that they took TOO LONG! I just wasn't and still am not willing to commit hours of my day to a treadmill or wait 6 months to lose 10lbs.

I knew that whatever I did had to be easy to follow, take very little of my time and let me eat my favorite foods, namely, pizza. This shouldn't be so hard, should it?

Well, after spending hundreds of hours researching and thousands of dollars experimenting, I came up with a blueprint that was easy to follow and made the fat melt off of me like butter in the sun. It is these exact secrets and techniques that I have used to lose over 20 lbs. in 20 days. I have since lost over 90 lbs of fat and built lean sexy muscle in the process. I've even gotten better cardiovascular health without touching a treadmill.

I didn't plan on spending all of that time researching and testing diets and exercises, I figured it would be relatively easy to find the answers to fast and lasting weight loss and I could just do what it took and be skinny. But in the end, it was worth it. I created a system that is easier than I ever thought possible, and, even though it took a long time to create, I couldn't be happier.

That's not to say there weren't times that I was frustrated, and felt like a failure, but it has worked out in the end. And once my friends and family got a look at me, they all wanted to know what I did, so I put together a guide for them and readers just like YOU.

I have to admit, I'm a little jealous. If I could have just clicked a few buttons and read a guide like this, I would never had to go through years of struggle, I could have just gotten healthy and skinny fast. Instead, it's taken me most of my teen years and 20's to learn these secrets.

Now I've provided these Diet secrets, but it's up to you to take action, every day. If you keep with your old habits, or only do it halfway, you won't get these amazing results. It's up to you to change your life. You can do it, just follow these tips, and if when your ready to make astounding changes in your body, grab my 20/20/20 Diet Blueprint for a full rundown of how I lost over 90 lbs of fat, effortlessly.

Diet Secret #1: Change Your Lifestyle

So many diets out there are dead wrong. I'm not saying this because I don't think they will help you lose weight, some of them will. I'm saying this because so many diets are just binge diets. They might help you lose a little bit of weight, but the moment you quit dieting, you gain all the weight back and more. Have you ever had this happen to you? It's pretty frustrating isn't it?

The sad truth is that most diet and exercise programs are designed to fail. They are fad diets and usually don't come with any solid support or coaching to keep you on track.

I can remember so many times that I would lose a little weight only to bloat back up to the same weight or even more. I always called it my boomerang diet. I'd lose a couple of pounds, feel great and then go right back to being fat. I hated it and I didn't know what to do to change it. That's when I realized the real power behind secret #1.

You don't have to starve yourself forever, like some diets would have you do, but you do need to change some of your basic habits in life in order to have lasting weight loss.

If you only change your lifestyle for a few days or a few weeks, and the diet only helps you lose a few pounds during that time, you will very quickly gain it all back when you go back to your old lifestyle.

Now don't get me wrong, I'm not some fitness pro preaching from a pedestal that you should eat pure food only for the rest of your life. I'm a guy that loves food. I love to eat, it's one of my favorite things to do with friends.

Now most fitness pros would suggest you spend upward of 1-2 hours per *DAY* on the treadmill in the gym and give up all junk food. That means no donuts, pizza, cake, or cheeseburgers. What?!? These are still my favorite foods, there is no way I was ever going to give them up. Who in their right mind would give up pizza or sweets? I

understand cutting back and eating for optimal weight, but giving up your favorites can't be the best way. They're called your favorite foods for a reason, and no matter what the diet guru's say, you can't just decide that broccoli and tofu are your new favorite foods.

Now on top of that, I never had enough time to spend 2 hours in the gym 6 days a week. Do you have time for that?

So, your choices seem to be, give up your favorite foods for good and/or spend 2 hours a day on a treadmill 6 days a week. Do either of these options sound enticing to you? Do they sound like something you could do and feel good about?

What if I told you there was a third option, a way that you could workout just a few minutes per week, and still cheat on your diet with your favorite foods, no matter what they are?

Well, that option is called the 20/20/20 Diet. Changing your lifestyle to eat healthier foods is an awesome start but if you want to find out how to eat your favorite foods and still lose weight, check out the 20/20/20 Diet blueprint.

One more note, if you are having trouble keeping yourself on track to making a permanent change, post a few reminders on your fridge or where ever you keep food. If you want, you can even post some pictures of your dream body so that you see that before you eat some junk food that you don't need.

Diet Secret #2: Exercise With More Intensity

If you want to lose weight quickly, you need to do the opposite of what most of the diet gurus would advise. You need to build muscle. Most diet “experts” would tell you to get on the treadmill and get your heart into the “Fat Burning Zone.” I hate to say this, but this just doesn’t work as well as they say. I know. I’ve gotten my heart into the fat burning zone, but I’m sorry, working my butt off to lose a pound or two a week just isn’t my idea of a good “plan.”

As I said, if you want to burn fat around the clock, you need to build muscle, not necessarily big bulky muscle, but lean, sexy toned muscle. To gain lean muscle even quicker, you need to make your workouts more intense.

More intensity doesn’t necessarily mean that you workout faster, but that you make sure the workout is 100% intense. You need to take your time and get a good intense workout on every muscle group, rather than just hitting and missing a few and hoping for the best.

When I started out losing weight, I tried the treadmill method, and it sucked. I was out of breath and my knees hurt all the time. So I decided to find a better way. I realized very quickly that most people who go to the gym do cardio, or lift weights sporadically. They pick a random number of reps and sets that sounds good and just do that. The problem is that the number of reps and sets usually isn’t based off of any intensity goal, but whatever sounded good or what they learned when they were younger.

After countless hours of research, I found out that the key to losing weight safely and quickly wasn’t in long hours of cardio, or even in “the fat burning zone,” in fact the key to losing weight was increasing the intensity of my workouts and giving myself more time to rest.

If you focus on intensity and build lean muscle, you will burn fat 24/7 and tone up your body in the process. Try it out the next time your at the gym, just get more intense during each workout and I guarantee you will feel the difference.

#3 Do NOT Cut Out Carbs or Other Nutrient Groups

I've done this, my friends have done it, almost everybody I know who has struggled with their weights have done this. Guilty as charged. We tried the low carb diets, and they worked for a while for most of us. But then something happened. Suddenly, I hit a weight loss plateau and I couldn't seem to lose any more, then for no apparent reason, I started gaining it back. I was still working, but the weight was still coming back on. It just didn't make any sense. Everybody said they were miracle diets. The problem is, they are...and then they fail. The reason makes very good scientific sense.

You see, when you starve your body of carbohydrates as is suggested on low carb diets, you put your body into a state called Dietary Ketosis. This is where your body starts shedding fat and eventually eating away at your muscle tissue to feed itself.

While it's true that you can lose weight, and that you can survive forever on a low carb diet, it's also true that you will be losing a lot of water weight and even some muscle tissue, then your body starts to store fat! Storing fat?!? On a Diet?!? It's more common than you think.

I go into more detail concerning the science of low carb diets in my book, but I think it's pretty safe to say that a diet where you gain weight back even though you're on the diet isn't a very effective diet. What's more, on diets like this, you actually slow your metabolism, rather than increasing it.

In fact, I once had a friend who lost 70 lbs. on a low carb diet, this was long before I knew what I know now, and he was proud of himself. We were all proud of him. Good for him for losing the weight. He looked pretty good. He still had about 40 lbs he wanted to lose, but he had hit a plateau, and he was stuck. He kept it up though. I'm sure eventually he got a little discouraged and cheated here or there, but he stayed on the diet as best he could. I ran into him about 6 months later, and I didn't even recognize him. He had gained most of his weight back and it was coming back fast. I asked him if he

had quit the diet, he said it was the weirdest thing because he kept to the diet, but started gaining and gaining. When I started my diet research I found out that this is common with low carb diets, and any other diet that cuts out an entire nutrient group. Your body adjusts, and you gain back the weight. Do you know someone who has been through this before?

Stick with well rounded diets that have carbs, protein, and fats. Granted you should eat healthy amounts, but don't cut them out completely. It's pretty obvious that eating big greasy burgers every day isn't the best way to lose weight. Be smart, but don't cut too much and harm your body just to look skinny. Being skinny is just one side effect of being healthy and fit.

Diet Secret #4- Track Your Behaviors and Succeed

Almost everybody I've ever talked to about weight loss and dieting worships the scale. They always track how much weight they've lost or gained, sometimes daily. They celebrate every little loss, and mourn every pound they gain. They jump up and down if they lose a pound and it ruins their day if they gain a pound. It leads to a bunch of self-defeating behaviors that most people don't even realize they have. Not to mention every time they gain a few pounds, they feel worse about themselves and feel like there's nothing they can do to keep the scale going downwards.

What very few people do, on the other hand is track their behaviors. They pay no attention to what they are doing, what they are eating, what exercises they are doing etc. In fact the only time they really pay attention is when they gain a pound. If you have ever caught yourself falling into this trap, the best thing you can do is set your weight loss on autopilot by creating a system and tracking your behaviors day by day. If you track your behaviors, your meals and workouts, you will have no problem seeing where you're messing up. It's a little too easy to go to the drive thru a few times then forget and by the end of the week sit and wonder why you haven't lost. Trust me, I used to do this every week. The best way to remedy it is be completely honest and write it down. If you cheat, write it down, if you workout, write it down. This way you can actually see what you're doing, and you don't have the luxury of forgetting that late night trip to the Burger Barn.

Let me ask you a question. How many people do you see walking around the gym with a pencil and paper? I've seen a few people do it here and there, but almost nobody tracks what they actually do at the gym. If you don't track what's going on in the gym, how do you know if you're improving? The answer: you don't.

There was a time in my life when lifting a 5 lb dumbbell was hard work, I was a child then, but it was still hard work. If I went to the gym and lifted a 5 lb dumbbell, and kept doing it each time, how easy would it be for me to do it now? In fact how easy is it for you to lift a 5 lb dumbbell? Do you think that doing the same amount of sets and reps

with a 5 lb dumbbell for a year will get you the weight loss results you want? Probably not. Now just for example, lets change the weight, do you think that doing the same exact sets and reps with a 25 lb dumbbell for the next year would get me my perfect body? The answer, of course, is no. You need to adapt as your body gets stronger and more effective at burning fat and building muscle. You can't adapt if you just go into the gym and do a few exercises and leave without tracking exactly what's going on.

The same thing goes for eating. If you aren't eating the right kinds of foods, and tracking to make sure you aren't slipping up, then you aren't going to get the results you want. I'm not asking you to count calories or do complicate math in your head so that you can eat lunch, but for a few days at least, take an honest look at what you do and you will start to see place where you can improve.

Diet Secret #5-Throw Away Your Scale and Look in the Mirror!

Like I mentioned in Part 4 of the e-course, too many people track their results before they track their behaviors. I have met people who step up on the scale 10 times a day to see what their weight is. This is just a negative, self defeating behavior. My weight always fluctuates throughout the day because of the food and water I'm drinking each day. It's guaranteed, but still people check the scale hoping for another drop in weight.

If you really want to track your results accurately, throw away your scale. I don't mean that literally of course, but at least put it away. Check it once a week if you absolutely must see where things are going. But get away from the daily routine of checking your weight. It's discouraging, and that tiny step up onto the scale isn't burning enough calories to count as exercise, so just put it away.

I've had people ask, "If you're trying to lose weight, why wouldn't you use the scale to track results?" First because it's discouraging, like I've already mentioned, and second because lean, thin muscle weighs more than fat, so if you are building some lean fat burning muscle, you're going to gain weight as you lose fat.

I can remember so many times that I looked in the mirror and thought, "Wow! I must have dropped another 10 lbs." Then I step up on the scale and I've only lost 2 lbs. of weight. This is because lean muscle weighs more than fat so I might have lost 10 lbs. of fat but gained 8 lbs. of muscle. I looked better, I felt better, but I weighed the same.

In fact there was one time when I weighed in at 164 lbs, and a month later, I told someone I weighed about 165-168. Then I stepped on the scale and it read 180. I didn't look any different, but I had gained a lot of muscle.

So set your scale aside and start using the true measure of your success, the way you look and feel. Most of us have a mirror, use that. You will start to notice a difference almost immediately if you use the mirror as your guide, and even when you cheat on your diet and are certain you've gained all the weight back, look in the mirror, it doesn't lie.

There was a time when I had been off the diet for months, and I thought I must have been getting huge, then I looked in the mirror, and I looked good. I couldn't figure it out, so I grabbed a scale, and sure enough. I had only gained 2 lbs. 2 lbs! That was it. I was ecstatic because the mirror didn't lie. I looked good and I felt good, and that was that.

Diet Secret #6-Keep Your Goals to Yourself!

I used to be one of those people who loved talking about where I was going and what I was doing. I had big goals, and I wanted the world to know it. I still am and I still do to some extent, but I make sure that I am well on my way to achieving my goals before I tell anybody. The reason is that every time I used to tell a friend or family member what I planned to do or even what I was doing, they would usually come back with a hundred reasons why it couldn't be done.

This ranged from things as simple as buying a certain sporty car a year down the road to building a business or even, you guessed it losing massive amounts of fat.

You see, when I told people that I was planning on losing 20 lbs in 20 days, they said it couldn't be done. They said I was going to starve myself, they said that I would gain it back right away. They said all kinds of things. I'm not suggesting that the people in your life will try to intentionally bring you down, but I am suggesting that if you tell people that you plan to lose weight, especially that you plan to lose a lot of weight quickly, they will tell you that it won't work and why it won't work and how it hasn't worked for them or some friend they have. They will give you a million examples and quote a bunch of studies or "facts" about losing weight quickly. For a long time, I listened to these types of people. Then I got a plan and followed it.

Don't get me wrong, I don't think these people are trying to hold you back, in fact, I'm pretty sure they think they're helping you by protecting you from disappointment.

Whatever the reason, they will put you down and tell you the reasons it won't work. That is why I suggest you keep your weight loss goals to yourself, at least until people start to see the difference, then they won't believe their eyes. They won't be able to tell you it won't work, because by that time, it is already working and you're already doing it.

Keep it to yourself and save yourself the trouble of arguing with people who don't have the quality of information that you have. Save yourself the trouble of trying to argue that something is going to work and just show them that it has.

Diet Secret #7-Take Massive Action!

One of the key things that distinguishes super successful people from those that aren't quite as successful as they want to be is the ability to make a decision and move on it. In fact, many of the world's most successful people, in any area of life, will credit their ability to make a decision quickly and then take massive action toward their goal.

The key here is to know that you can achieve the goal no matter what. You can do it. If you can set the goal, you can achieve it. So then all that's left to do is decide to do it and move toward in the best ways you know at the moment. You can gather information and better ways to achieve the goal as you go along, but you have to get started immediately.

Think of it this way, do you ever wait for all the lights to be green for the next 6 blocks before you leave the house? No, you leave and take things as they come. This is the same thing you need to do to have fantastic success at weight loss.

One of my favorite mottos is "Do It Now!" Whenever I am pondering doing something, I tell myself to Do it Now! This gets my brain into the mode of making decisions and then moving as quickly as possible. It also cuts back on the amount of excuses I can make about something. This alone can make or break your diet success.

When I was struggling to lose weight, I made excuses about everything. I made excuses as to why I shouldn't go to the gym, why I wasn't losing weight, why I deserved a donut or two. I always had an excuse because I wasn't driven to take massive action toward my weight loss goals. The reason? I never actually believed I could do it, and I thought it would take years to lose the amount of weight I wanted to lose.

If I had just decided to do it and taken massive action, which I eventually did, I would have seen results way sooner.

The best thing I can say to you is Do it Now. Right now as you're reading this ebook, decide that you want to be in the best shape of your life. Decide that you will take action and do what it takes to be fit and healthy. If you're using a program that's been working, great stick to it, take action, if not, use the tips in this e-course and start right now to change your life.

Diet Secret #8-Get Help!

I have talked to successful people in all walks of life, and one thing that I hear so often is that they found someone who had done what they had done and used their knowledge to succeed. They had found a mentor. For some people, the mentor was in the form of a book that offered constant knowledge and guidance, for some it was a coach that offered good advice that they carried with them for life, and for some it was a face to face or phone mentor that helped them along every step of the journey.

Whatever form the mentor took, book, course, coach or face to face mentor, successful people keep motivated by relying on a team, even if that's only one person, to keep them going when they need it.

Often, when I tell people to get a mentor to help them keep motivated, they suggest that they will just find a workout partner. I wouldn't suggest this. It's okay if it's someone you meet at the gym occasionally, but what usually happens when you have someone has a workout partner and one of them can't make it or forgets? The other doesn't make it the gym either. What's worse, is that you are relying on someone else in the same boat as you to help you get out of the boat. That just doesn't make much sense. If I want to go on a diet, I avoid my other friends who love food, and I tell them I'm dieting and will hang out at whatever restaurant they're in when I've reached my goals.

Pick up almost any success book, and it will suggest you get a mentor. One of the greatest success books of all time, "Think and Grow Rich" by Napoleon Hill suggests you get a mentor over and over and over again. It is one of the greatest of all time for a reason and it's absolutely right.

You can do this, but during those times when your not so certain you can do it, or you have a question no one can seem to answer, it's a good idea, no a great idea, to have

someone on your team helping you lose weight and achieve the body you've always dreamed of.

I've written down the how to's of weight loss in The 20/20/20 Diet, and I show you step by step how to go from fat to fit as quickly and efficiently as possible. I also offer tips in my newsletter to help you keep going and reach all of your weight loss goals, but more importantly, I offer personal assistance.

If you already have a mentor, coach or guide, or even someone who has done it and will help you get and stay motivated, give them a call and utilize their help. It can make or break your weight loss success.

If you don't have a mentor, go to the website here, you will see that I offer email support to ensure that you reach your goals. It is so important for you to have a coach, so let me be that coach. With the email support, you can get your question answered any time you need, and the newsletter offers great tips and inspiration to keep you going. My goal with the 20/20/20 Diet is to help as many people reach their weight loss goals as possible, and having a coach or mentor there is a big part of that.

Diet Secret #9-Have Faith

You have an idea of what your perfect body would look like, don't you? I'm sure if somebody said, I could give you the perfect body today if you would think of what it looks like, you could figure it out really quickly. The question is whether you believe you can have this perfect body or not. I'll tell you the truth, I never did believe it. I never thought I could have the perfect body I always dreamed of. I thought I had to play the hand dealt to me and stay fat forever. I know the real truth now.

I had faith, faith that I could do it, and you have to have faith too. You may have failed in the past, but that doesn't mean you have to fail now. You have an image in your mind of what your perfect body would look like, so as far as I'm concerned, you're almost there. In fact, having the image of the perfect body, knowing what it would look like, feel like be like if only is half the battle. I'll scratch that, it's almost all of the battle, as long as you have faith that you can do it.

I know it's easy to get discouraged, but you have to believe that you can do this. Even if you don't feel like you're making progress as quickly as you'd like, keep the faith. I never feel that I'm moving quickly enough because I want everything now. But no matter how discouraging it may seem, believe that you can do it and you can.

One of my favorite quotes is from Henry Ford, he said, "Whether you believe you can, or believe you can't, you're right." That is so dead on. If you believe you can do this, you can do this. Just believe it and take action toward it. If you slip up, get back on track and keep believing that you can reach your goals.

You can do this, I have faith in you, so have faith in yourself. Follow the steps I've layed out in this ebook, and you will be well on your way to success.

What's Next

Now take the secrets I've outlined in this short ebook and apply them to your life starting now. Don't delay, take massive action if you want to get massive results.

If your really serious about getting fit and healthy with minimal work, I've put together a special offer just for you that will give you a short cut to weight loss success.

Or, if you're already making progress toward your goals, this special offer will give you the edge to get there quicker and easier than you ever thought possible.

As I mentioned before, I spent years failing and wasting time and I've spent thousands of dollars trying to get fit and healthy. Don't make the same mistakes I have. Using the secrets in the 20/20/20 Diet Blueprint, I lost over 20 lbs in 20 days and have since lost over 90 lbs of pure fat.

I have put together a step by step blueprint that will show you how to easily get rid of unwanted fat, build lean muscle and increase your endurance and overall health. And the best part about it is...

It's easy to follow and takes just a FEW Minutes a week!

Don't be like everybody else out there. Everybody else struggles to lose weight and goes about it the absolute wrong way. Don't make those same mistakes. You owe it to yourself to get the best body possible with the fastest most effective method possible.

I have tried to make this as easy as possible for you or anybody else to follow. If its easy to follow, you are more likely to reach your goals much quicker. That's why I've included the bonuses and an actual step by step meal plan so you can see how I did it.

If you're ready to get serious about your weight loss and health, go check out the risk free special offer on this blueprint at www.202020diet.com . This price may go up soon as my email coaching clients are growing in numbers very very quickly, so be sure to act now.

Opportunity is knocking, will you answer it's call? Will you be the next 20/20/20 Diet testimonial? It's up to you, you have to take action to change your life. Go ahead and go to www.202020diet.com to try out this blueprint absolutely 100% risk free now.

I appreciate you reading the ebook, and I hope you take action and put these diet secrets into action in your life today. They work well alone, but they really work wonders when combined with the secrets of the 20/20/20 Diet blueprint.

If you have friends or family or coworkers that you think could benefit from reading this book, do them a favor and pass it on. It may just be the extra info they needed to change their lives.

Here's to your Health,

Ryan Hall

20/20/20 Fitness

www.20/20/20diet.com

About The Author



They say a picture is worth a thousand words, and this picture is proof. That first picture is me after a late night TV 90 day workout plan. I lost a measly 6 lbs. The second picture is me messing around in the yard after a few months of going on and off the 20/20/20 Diet.

What a difference!

I started 20/20/20 Fitness because my friends and family were asking me how I did it and were all begging me to write it down for them, so I did and it has since evolved into the company that it is now, helping people all over the world change their lives.

Currently, I live in Rapid City, SD with my two daughters and for the first time in my life am able to enjoy doing physical activities outdoors. It has been simply amazing to be able to hike, swim, and kayak. Not to mention just get to a good fishing spot without being out of breath.

I'm super appreciative of the change that has happened in my body and I understand how blessed I am to finally have my health back while I'm still young and the kids are young. For that, I am eternally grateful.

Ryan