Extreme Rapid Fat Loss:
How to Lose Up to 4.5 Pounds of Fat in Only 4 Days

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Introduction

While the Rapid Fat Loss Handbook generates incredibly quick fat loss (4-7 pounds) in only 2 weeks people often find themselves in a situation where even that isn't fast enough. Sometimes there is only a matter of days to lose a tremendous amount of fat. It might be the same special occasion type of deal or a physique or competition athlete who has to shed rapidly in just a few days.

And that's where the extreme rapid fat loss approach I'm going to detail here comes in. Taken to it's extreme, it can generate up to 3kg (6.6 pounds) of true fat loss in only 4 days. I'm basing the approach on a 2014 paper titled

A Time-Efficient Reduction of Fat Mass in 4 days with Exercise and Caloric Restriction by JA Calbet and colleagues that was published in the Scandinavian Journal of Medicine and Science.

That study took male subjects between the ages of 18-55 and subjected them to the (usually not recommended) combination of a massive caloric deficit coupled with an enormous amount of activity. Subjects were put on roughly a 90% deficit from maintenance with their only food intake coming from whey protein.

This was coupled with roughly 8 hours of exercise per day (most walking with an oddly thrown in 45 minutes of arm cranking that I'm not going to suggest you do) and generated a DEXA measured fat loss of 2kg (4.4 pounds) in only 4 days (the subjects actually lost an additional 0.7 kg (1.5 pounds) of fat over the next 3 days as well although the researchers aren't sure why.

So the total fat loss was almost 3kg (6.6 pounds) in 4 days of extreme dieting and 3 days of eating normally. If you have an event on Saturday and start this program on Monday, you can be literally 5-6 pounds of fat leaner.

There was a large loss of lean body mass (nearly 3 kg or 6.6 pounds) over that same time period but most of that was water. When water balance was re-established, the subjects had only lost 1kg (2.2 pounds) of actual lean body mass but I find even that unacceptable.

But between the severe caloric deficit (protein was set at the Daily Recommended Intake or DRI which is simply too low for dieters in the first place) and use whey protein I'm not surprised at this (I should mention that one group was given nothing but table sugar for their calories but I would never recommend such an approach). Since I don't like to see LBM loss that can be easily avoided, I've modified the diet slightly.

While total fat loss may be slightly less with my modified approach, eliminating the loss of LBM is worth it to me. As well, I still believe that any dietary approach set up around whole foods is superior to ones based around supplements (which are never as filling and do nothing to help with long-term eating habits).

As with the Rapid Fat Loss approach itself, the Extreme Rapid Fat Loss Approach has two primary components: diet and exercise. So let's look at each.
The Extreme Rapid Fat Loss Diet

Setting up the diet portion of the Extreme Rapid Fat Loss approach is very simple and represents only a slight variation on what is in the Rapid Fat Loss Handbook itself. Of course the diet is based around almost nothing but lean protein, I'm going to allow a very small controlled amount of vegetables for roughage and actually recommend that the fish oils that are so crucial in the Rapid Fat Loss program be eliminated. Four days without them won't make a big difference in anything and saving those calories is worth it for the goal of the program.

You can actually use the online calculator to set up the Extreme Rapid Fat Loss diet. Put in your height and weight (and bodyfat percentage if you have it) in the calculator as outlined in the Calculator.pdf file you got with your purchase.

However, I want everyone to put in aerobic exercise as the activity modifier. Even if you are determined to do one weight room workout (this is ONLY for people who are already lifting weights), you will set the protein requirements for aerobic workout only. This sets protein a bit lower, keeps calories down and fits better with the exercise portion of the program.

In contrast to The Rapid Fat Loss Handbook which allows a small amount of tagalong carbs and fats with each meal, I'm going to recommend that you make every attempt to choose the leanest protein sources available. That generally means skinless chicken breast (which is effectively fat free), egg whites and tuna fish. There may be others but even the leanest of red meat has some tagalong fats and when the goal is to generate the biggest deficit possible even that's too much.

Clearly for whatever lean protein source you pick, you must find a calorie free topping for taste. That can be herbs and spices, mustard, you might find something creative to do with soy sauce. But any sauces with any calories is off limits here.

If you can do without, skipping the vegetable portion of the RFL approach would probably be best. You won't die from a lack of veggies for 4 days (most people in the West don't eat vegetables regularly anyhow) but I'm not sure that's realistic for most people. I'd recommend no more than 1/2 cup of cooked vegetables (this isn't much) just for a bit of roughage and something to chew on. Stick with the most fibrous of the fibrous vegetables. No pea, carrots, corn or tomatoes.

I'd recommend drinking water to taste and I'd highly recommend (see the section on supplements below) that you use light salt (1/2 sodium, 1/2 potassium) on just about everything. This will help avoid major plummets in blood pressure, help eliminate the fatigue that often accompanies these types of approaches and will make everything just taste better.

Due to the very low calories of the Extreme Rapid Fat Loss Approach, 3-4 small meals is probably going to be ideal for most. Otherwise they end up being too small to be satisfying. If you're down with Intermittent Fasting (where you fast most of the day and fit all of your day's calories into a 6-8 hour eating window at night), that's fine too. Many find that hunger goes away during the day and putting your few calories into a shorter eating period means you can have bigger meals.

It should go without saying that you won't be applying any of the free meals or refeeds from The Rapid Fat Loss Handbook. It's 4 days straight through and done.
The Exercise Program

In the original Rapid Fat Loss handbook, I recommended primarily resistance training of some sort and actually recommended against large amounts of aerobic/cardiovascular activity as, over longer time periods, it tends to cause more harm than good.

However, for the Extreme Rapid Fat Loss approach, I'm reversing that. As I mentioned above, while the diet was set to provide very low calories in the first place, the study subjects were also attempting to create a nearly 5000 cal/day deficit through an extreme amount of exercise.

First they did 45 minutes of arm cranking (which I'm not recommending as the equipment isn't easily found and it is about the most boring thing you will ever do) which was followed by 8 hours of walking per day at 2.8 mph (a very leisurely pace) for a total of 35 km (21 miles) per day. The goal was first to create a monster deficit through the extreme diet and then create an even bigger deficit through a ton of activity.

I should note that all of the subjects (who were an average of 30% bodyfat, heavier and untrained) did complain of joint soreness due to the extreme amount of activity and this is a consideration. But they all tolerated the exercise when all was said and done.

Now clearly 8 hours per day of walking is problematic, if only from a scheduling standpoint. Probably the ideal, if you have it available, would be one of the new treadmill desks that allow you to walk while you're at work or at the computer. But I doubt many have that.

Of course, if you're actually able to maintain a better pace (walking paces of 3.5-3.8 mph are generally doable on a treadmill and that brings the duration to complete 21 miles down to only about five and a half hours per day. Which is still a lot and may be outside of the realm of possibility for most due to work or life scheduling.

All I'd say here is that the more walking you can do per day, the more fat you will lose. If you an get an hour in the morning, an hour at lunch and an hour or two in the evening, that's great. If you can find a way to fit in more, that's better. If you can't get that much, you won't lose as much fat but that's fine too. If the idea of doing that much exercise seems impossible to you, just remember that this is only for four days. This isn't something you have to do for extended periods.

Finally, I should comment about resistance training. In the Rapid Fat Loss Handbook I recommended resistance training for everyone as the primary type of exercise and I stand by that for the longer duration of that diet. For the Extreme Rapid Fat Loss approach, I wouldn't recommend anyone who wasn't already on a resistance training program start a program. The walking will accomplish more in the short term than anything you can do in the gym or at home.

But for folks who are already lifting weights, I imagine they are going to want to get into the weight room. I'd recommend either doing one full body workout on day 1 or 2 of the 4 day cycle or, if you're going to be at the gym to walk on the treadmill, doing a VERY SHORT workout with some type of split routine. So do 10-15 minutes of leg training on Day 1, then get on the treadmill. Chest/shoulders and Triceps on Day 2 before the Treadmill, back and biceps on Day 3. And then either nothing or some core on Day 4 before the treadmill. But keep it short, and focused, the walking is the key here and you don't want to tire yourself out before the treadmill.
Supplements

For the most part, everything in the Rapid Fat Loss handbook diet book regarding supplements holds true for the Extreme Rapid Fat Loss approach. I mentioned above that I cannot too high recommend that you get some type of Lite Salt (containing 1/2 sodium and 1/2 potassium) and use it liberally on your food. It not only helps with taste but ensures adequate electrolyte levels and will help prevent fatigue and plummeting blood pressure.

I'd also recommend extra magnesium, 300-500 mg of something high quality like magnesium citrate per day. 400-800 mg of extra calcium (citrate is the best absorbed form) per day is also ideal.

I wrote an entire chapter on the ephedrine/caffeine stack in The Rapid Fat Loss handbook and its use would be highly beneficial here as well. I won't re-write all of that information here but a fairly standard dose is 20 mg ephedrine and 200 mg caffeine taken up to three times per day with the last dose no later than 3-4 PM since it can interrupt sleep.

If you are new to the stack (and this is assuming you still have it available), I recommend starting with a half-dose (10 mg ephedrine and 100 mg caffeine) for at least the first day to assess your tolerance. If you have any history of arrhythmia or heart issues or anything of that sort, I highly recommend not using this stack in the first place. The study didn't and it is by no means necessary.

I'd also recommend a basic one per day multi-vitamin. You needn't spend a ton of money on this, get a basic vitamin to cover your nutritional bases and take it with a meal.
Ending the Diet

The Extreme Rapid Fat Loss diet approach is short and to the point but let's talk a little about what to do when it's over. In the original study, after the 4 days of extreme caloric restriction, subjects were told to eat their normal diet but also to try to reach 10,000 steps per day of walking (this is a common recommendation for weight loss maintenance).

The researchers primarily wanted to give the subjects to come back into water balance to get a more accurate measure of true lean body mass loss (water counts in LBM loss) for more accurate body composition numbers.

I mentioned in the introduction that the subjects kept losing fat over those 3 days but whether the subjects subconsciously adjusted their food intake or the added steps caused it is unknown. It's hard for me to give very specific recommendations for coming off the diet beyond that, some of it will depend on why you're using the diet in the first place.

If you were using the 4 day Extreme Rapid Fat Loss approach for a specific event (personal or sporting), clearly you may need to keep your diet somewhat under control to avoid reversing it. I should mention that it's fairly normal for body WEIGHT to spike up a bit (it can be by anywhere from 3-7 pounds depending on your size) when you reintroduce carbs into the diet.

If you were using the approach to make a weight class, this may be a problem and you may have to keep carbs at least semi-reduced to avoid this (or drop water weight a day out, a topic far beyond the scope of this booklet). If you were using the Extreme Rapid Fat Loss diet to get into a wedding dress or tux for a formal event, you may not care about a slight spike in weight. Or you may need to still keep carbs under control for a few days to make sure you're lean and mean.

I'd probably recommend that you go to the chapter on setting up a moderate deficit diet in the main Rapid Fat Loss Handbook manual for more specific recommendations on how to eat in the first few days after you finish the Extreme Rapid Fat Loss diet. Alternately just go back to some version of what you were eating (assuming it's not too horrible) prior to undertaking the program.

And don't forget to keep some walking in. The goal is 10,000 steps per day of walking and there are pedometers (and probably phone) apps that will help. It equates to about 30 minutes of brisk walking or thereabouts, given that you just came off of 4-8 hours of walking, I'd say go nuts, shoot for an hour.

For people who are on intensive weight training programs, the three days immediately after the program ends would be a place to get in a good quality workout or two now that calories and carbs have been increased again.
Conclusion

And that's that. This program is very extreme, I'd only recommend it under the most extreme situations, when you literally (in the actual sense of that word) only have a few days to lose a tremendous amount of fat. I don't claim that it's sustainable (although oddly, in the original study, the subjects still maintained a small fat loss a year later which is interesting) or even a fantastic idea. I present it simply as an option when there isn't time for anything else to work.