

# The Wave

The EASY Carb Rotation Diet that  
Shrinks Your Stomach,  
**Skyrockets Your Energy**, &  
Boosts Your Metabolism so You can  
**Lose 30 Pounds**

**In Only 30 Days!**

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What I'm basically saying is please don't steal our stuff and don't do anything stupid.

It's sad that we have to write either of those statements, but unfortunately it is.

## **INTRODUCTION:**

Howdy!

First, I better clear something up and that's my feelings with the word "diet."

If you've followed me for any length of time, you know my severe disdain (I don't like to "hate" anything) for diets. I don't like 'em. I think they set you up for long-term failure, even though you may succeed in the short term.

It can, and usually does, lead to an endless cycle of ups and downs with your weight, which can cause a whole host of health issues as well as leading you down the path of becoming a "Skinny-Fat" person...that ain't cool at all.

I believe, and always will believe, that a series of small changes made over time is the BEST way to lose FAT in the long-term because the small changes, when made properly, lead to the swapping out of bad habits for good habits.

Sure, fad diets may give you greater success in the first few weeks, but that's largely unsustainable "weight" loss and not true fat loss. We'll dive into the reasons for that later on, but just know that I'm not changing my view points on fat loss, even though the title and subject matter of this book may lead you to believe otherwise.

So what's the deal?

Why "The Wave?" Sounds kinda like a fad doesn't it?

It does, but it is based in the real world.

It works and, if done properly, can work very well.

Before I get into specifics and dive into the details, I want to spend a couple minutes giving you a couple disclaimers.

First, to continue on with the earlier statement that I'm not abandoning my ideals and philosophy when it comes to fat loss, regardless of the subject matter of this book.

This book is a way to give you a Spark, or put another way, a jump-start. This "diet" is by no means a permanent way of eating. It's not supposed to be something you do any longer than 4-8 weeks. You can, but that's not the point.

It's a way to help you lose weight quickly, without the negatives of low carb dieting, and provides a perfect segue into a more controlled and sustained way of eating.

The other disclaimer is that I'm not a doctor, nor am I Registered Dietician. If you have been told to eat a certain way due to a medical condition, don't abandon that to eat this way. I am making no medical claims here; so don't take anything I say over something your doctor or dietician told you.

I don't want you to follow this plan, and then get mad at me because the low carb days interfered with the prescription you're taking for removal of your third leg. That's my way of making light of this issue, but I'm serious. Don't do anything stupid.

I am also going to try (I said try) to keep this short, sweet and simple to understand and follow. I don't want to make this book any longer than necessary. I want to give you the basics and enough to get this plan rolling. Don't over think things with this plan.

Okay, enough of the tough talk, let's get on with the show!

## **MY PERSONAL INTRODUCTION TO LOW-CARB DIETS:**

I remember the first time I heard about the Atkins Diet. I was probably 16 years old at the time and a few people my dad knew tried it and lost a lot of weight.

My dad was a rancher and a few of his fat buddies dropped somewhere around 50 pounds, quickly, by "following" the Atkins plan.

My dad was amazed. He excitedly told me that all these guys did was completely cut out bread and potatoes and could eat anything else they wanted like meat, bacon, fat, etc.

How cool was that? Cut out the filler, eat more of the "bad" stuff, lose weight and lose it quickly? What man wouldn't be convinced? What mid-western guy who had been told for the past decade that red meat was akin to the devil wouldn't be excited that now he could eat his devilish food and instead cut out something else?

Woo hoo!

I can't remember whether my dad followed through on his plan to try it or not – which is probably an integral part to my story – but it's of no importance in my mind ☺

The important thing to me was this was the first time I'd been introduced to some type of fad diet. Sure, my mom had done Weight Watchers for years, with little to no success, but I didn't see that as a fad at the time – she insisted it worked, even though it made her depressed.

But the Atkins stuff sounded wonky to my 16-year old brain and with good reason. Did it work? Sure. There are thousands upon thousands of people who have followed low carb diets and succeeded.

So what's the problem?

Many of those same people have gained all their weight back, and usually MORE, because that low-carb diet is unsustainable.

When I meet with a client for the first, I always ask what types of things they've done in the past – diets, workout programs, supplements, that kind of thing.

Most, I'd guess 75%, have said that, at one time or another, they have tried a low-carb diet either at a diet center, from a book or just cutting out "carbs" from their own homemade plan.

And they ALL hated it. Did they lose weight? Yep, but they hated the way it made them FEEL and some hated the way it made them LOOK.

Most, if not all, gained all their weight back very quickly once they went off the low carb plan.

The thing with low carb plans, at least the way they're commonly understood, is they work (sometimes very well), but they have problems.

## **PROBLEMS WITH CONSTANT LOW-CARB LIVING:**

The problems with sticking to a low carb diet for any period of time are pretty easy to spot.

### **1. Lack Of Energy**

The biggest problem I've heard from clients doing low carb diets for longer than a couple weeks is their energy levels plummet.

They have no energy to do common every day tasks well, which can be a huge problem if you have any type of life outside sitting on your couch all day watching Seinfeld reruns.

If you are a stay-at-home parent, low energy levels spell catastrophe mostly because you lose any patience you may have had (and if you're like me you're operating with a low patience level to begin with). You get angry easily, you become emotional and want to stay in bed and as a parent that makes you feel worthless.

If you're self-employed, it could doom your business because you don't have the energy needed to make necessary decisions or perform the tasks to make a living.

Same thing if you're an employee, except rather than your business going down the tubes, you could get in trouble with The Man.

I could go on, but I think you get the point – *Low carb diets send your energy levels into the dumpster.*

This is because your body needs carbohydrates to run. Your brain needs it to function.

### **2. Inability To Eat Freely**

Low carb plans are incredibly restrictive, which is fine and dandy for about a week, but plans that are overly restrictive and leave no wiggle room, lead to complete disaster usually in the form of binges and "oh what the hell" lines of thought.

Any sensible eating plan, whether a diet or your actual lifestyle, should have some wiggle room – less wiggle room while trying to lose weight and more wiggle room when you're "comfortable"

unless you're preparing for a major movie role or want to be on the cover of a fitness magazine in your undies, in which case there's no wiggle room 😊

Even while following this plan, you have days every single week where you are able to cheat a little – not huge binges, but you are able to eat some naughty foods and, like I said, this happens on a weekly basis (twice a week actually).

You should be able to eat a piece of pizza if you'd like and not feel as though you're "off the wagon" – or substitute whatever food is your favorite in place of pizza. Don't get too excited if you're thinking you'll be able to stuff yourself with junk on this plan because you won't. Remember your goal is to lose weight, not maintain your current size or, God forbid, increase it. Some changes will have to be made on a permanent basis, and once this 30-day period is up and you've learned some things about your eating style and have lost the taste for some of the bad stuff, you'll be able to include a few actual, honest to goodness bad foods...but not right now.

### ***3. Huge Misunderstanding What A "Low Carb" Food Is And Is Not.***

I think everybody knows that bread is a "high carb" food, but when I ask someone who's going low carb what that means, that's all they mention. There's no mention of things like oats, granola, fruit, vegetables, and sweet potatoes; all of which are "high carb" foods.

Nor is there a mention of processed foods, crackers, liquid calories, all of which are also high carb foods.

I didn't say those things should be cut, I'm simply stating there's a misunderstanding what carbs are, which ones should be cut, which ones should be eaten in copious amounts, etc.

Add to that the fact that not all high carb foods are created equal. Some foods that are high in carbohydrates are also rich sources of things like fiber and healthy fats, while some are simply sugar (whether refined sugar, fructose, sucrose, corn sugar, etc.).

The Glycemic Index was created to help de-clutter the situation, but, in my mind, all it did was lead to more confusion about foods because it made certain foods out to be "bad guys" while other real bad foods were made out to be "okay."

It makes one's head spin! Fret not, because we'll get in to what foods make the grade later on.

My goal with this program is to make it incredibly simple to understand and follow. Hopefully I succeed!

### ***4. Malnourished***

Many folks who try low carb diets cut too many quality foods from their diet, or don't add them in once they cut out the junky stuff, because of what I listed above (not knowing what a low carb food is and is not).

The overwhelming majority of our population gets nowhere near the necessary amounts of fruits and vegetables, which are needed to live a healthy lifestyle.

Ever known someone who followed a low carb diet diligently for a couple months? What did their skin, hair, and nails look like?

I'm willing to bet their hair was dry, brittle and fell out easily. Their skin was probably rough, dry and unhealthy looking and their nails were probably weak.

They were malnourished – even though they may have been well fed. Not malnourished to the point of a third world country, but certainly malnourished enough not to be healthy.

Add to that the lack of energy and you have a whole bunch of bad stuff groovin' along.

I think you get the point and I'm willing to bet none of those items listed surprised you – either because you've felt them before or know someone who's gone through them.

Another goal of mine is that while following this plan, you will be able to cut the junk easily, lose fat and increase your energy and feel and look healthier.

### **WHY LOW CARB PLANS DO WORK:**

Even though I finished giving you negatives of low carb diets, there are some positives – because ALL diets do work to a certain extent...except for those God-awful HCG thingies. I don't even want to get started on that stuff, so I best get back to my original train of thought lest I rant and rave, stomp on the ground in circles kicking up endless clouds of dust...

Low carb diets do work, but there are drawbacks, which are usually deal breakers (which we just talked about).

But why do low carb diets work?

First, because you're decreasing the amount of calories you take in.

Take in fewer calories and you lose weight regardless of what you eat. This is simply a matter of elementary level subtraction – and is why those diets you see making the news every once in a while (like the Twinkie Diet) work. It's simply a numbers game.

But, it will catch up with you and usually because the style of eating is unsustainable...it's just too damned hard for any normal person to eat that way on a regular basis. Plus who in their right mind would eat Twinkies, or other "convenience" foods, for long and not feel like someone walked up to them and kicked them repeatedly in the gut while simultaneously putting them in a magical spell where they have zero energy and turn to a "skinny fat" person?

Another reason low carb diets work much better than low fat diets is because of the loss of water weight.

In the first few weeks of a low carb diet, people with 30 pounds or more to lose can lose lots of weight.

While it is “weight loss” it’s not all FAT loss.

Here’s a short, sweet and non-sciency explanation. When you ingest (eat or drink) carbohydrates, what your body can’t use immediately it stores. When your body stores carbohydrates, it goes to the liver and muscle tissue as something called glycogen or, if those are full, it goes to your various fat storage points for later use (that’s all fat is – energy waiting to be used).

Now all that stored glycogen requires a certain amount of water to be stored along with it.

When you drastically decrease your carbohydrates, or calories in general, in a short period of time, your body pulls from those glycogen (carbohydrate) stores before pulling from body fat and when that happens, all that stored water is released too.

It gets used as energy from things like exercising, working or just sitting at your desk.

Some of the weight lost is fat, but most of it is not; at least in that first week or so.

So, while the scale does move, it is a bit deceiving because if you stopped your low-calorie/low carb diet and went back to eating the way you were before, you’d fill your storage tanks back up and start holding all that water again.

And one of the simplest ways to point out how low carb diets work is because they point a finger at the “bad guys”, the food and drinks that you should completely cut out.

Low carb diets tell you to remove bread from your diet, so you remove it. The bread is the bad guy you’ve taken out, and if you don’t replace it with something just as bad, you lose weight.

If you were a comic book/superhero junkie like me, another analogy would be that low carb diets create a villain – we’ll call him Evil Carbo. Your job is to beat the living crap out of Evil Carbo by removing him from your diet.

Evil Carbo can be easy to point out, at least most of him, so it’s not that difficult in removing this evil creature from your super-world.

Make sense?

And low carb diets work because the overwhelming majority of us get way too many in our daily routines. Breakfast cereals, poor-quality shakes, snack foods, bagels, bread, crackers, cookies, juices, soft drinks, alcohol, candy, desserts, “side dishes,” etc. – we get too many and if you remove them, you remove a good chunk of calories – which is just another way of saying what I’ve already said.

It’s also very easy to get stagnant on a typical low-carb diet – you get bored, frustrated and are ready to jump off a cliff due to that frustration. You feel like there’s nothing to eat or drink and can feel like an incredibly boring person to hang out with due to the restrictions of your diet.



**All I'm trying to say is that even though low carb diets have faults (which are many), they do work. They do help you lose weight...but they have many, many faults and flaws and can be taken out of context too easily by simply trying to remove an entire energy source that's kind of important.**

That's where my Carb Rotation plan comes in.

***I created this Carb Rotation plan to give you all the benefits of low carb dieting, but without the pesky downfalls.***

You should still get all the weight loss benefits, but without the negative aspects like energy and mood swings, malnourishment and being an all around pain in the butt.

Not only that, but also another goal is to help you learn the truth about carbohydrates and help you create long-lasting healthy habits, which will create long-lasting results.

Sound cool?

All right, let's get on with the good stuff!

## **WHAT IS CARB ROTATION?**

Carb Rotation is just as the name implies – you are rotating your intake of carbohydrates on a day-to-day basis. Some days you'll eat very few carbohydrates, some days you'll eat a "medium" amount and others will be High Carb days, or "cheat" days.

It's a cool little plan I've been toying with that gives you the fat loss benefits of a low carb diet, but without the mood swings, lack of energy and lack of essential nutrients that long-term low carb diets can bring.

Here's what a typical week will look like for you while following Carb Rotation:

***Day 1: Low CARB***

***Day 2: Medium CARB***

***Day 3: High CARB - cheat***

***Day 4: Low CARB***

***Day 5: Medium CARB***

***Day 6: High CARB - cheat***

***Day 7: Low CARB***

***You should follow this layout for 30 days. Once your 30 days is complete, evaluate your success and then, if necessary, go through it another 30 days and make any changes/tweaks you find necessary...but don't change the program too much. The program is the program for a reason.***

30 days following Carb Rotation then evaluate and move on from there...

The reason I listed them as “Day 1” rather than Monday is because it doesn’t really matter what day of the week you start because it will depend upon your life. For instance, I like to time mine so that a High Carb day will fall on the weekend so I can have some full fat ice cream, cheese cake or good chocolate for dessert, but it doesn’t really matter WHAT day you start – whatever works with your schedule and lifestyle is cool with me.

It’s also important to know the days you plan on working out (beyond simple cardio) because you’re not going to want to do anything strenuous on the Low Carb days (but we’ll get into that later in the Workout section).

Okay, let’s get down to the nitty gritty and explain the whole Low Carb/Medium Carb/High Carb thingies to make this as simple as humanly possible...

Oh, one more thing. If you’re confused by what foods are acceptable, and which aren’t, I will include a big list of ‘em after we’re done talking about the days...

## **Low Carb Days:**

***Quick Overview: On your “Low Carb” days, you should completely restrict extra carbs.***

These days are going to be your big fat burning days. All of your carbohydrate stores (glycogen) will be depleted and your body will be burning a lot of fat.

Your meals and snacks should consist of vegetables (lots of vegetables), protein and fat – no breads/grains, no fruit, and no processed foods/junk foods.

It’s also okay if you consume berries – blueberries, raspberries, blackberries, and strawberries because they have a very high fiber to calorie ratio and their calorie count is ridiculously low in comparison to any sugar/insulin response they have.

You are not limited in the amount of vegetables you have – eat as many as you can. In fact, all of your meals should be pretty high in vegetables. That doesn’t mean you have to eat like a rabbit, and there will be plenty of recipes to give you awesome ideas at the end to prove that point.

*Here’s a sample “day” for your low carb days to show you what I’m looking for...*

**Breakfast** – 3-egg omelet with ½ cup spinach and 1 oz. mozzarella cheese and glass of almond milk

**Snack** – small handful of cashews, 10 baby carrots

**Lunch** – Bowl full (use your imagination) of mixed greens (no iceberg lettuce), 4 oz. grilled/baked chicken breast chunks, handful blueberries, chopped broccoli, and raspberry

vinaigrette dressing (optional feta cheese crumbles sprinkled on top) and big glass of water to drink

**Snack** (optional) – ½ Cup All-Natural Vanilla Yogurt mixed with homemade granola

**Dinner** – 4 oz. sirloin steak, asparagus, green beans, ½ cup pineapple

See what I mean? That all sounded good, right?

It was an “ideal” low carb day. You had plenty of sources of protein. Lots of vegetables, a serving of berries, fat from the eggs, feta cheese, granola and cashews and you’d be feeling pretty dad-gum good by the end of the day.

So to recap – no extra carbs, lots of vegetables, higher in protein/fat, your fat is from a protein source (nuts, eggs, free-range beef, etc.) and berries (optional). Spread your meals throughout the day, drink plenty of water and feel dang good.

## **Medium Carb Days:**

***Quick Overview: On your “Medium Carb” days, you are limited on total carbs, but not as strict as the Low days and you’re not as free as the High days (hence the term Medium 😊). You will aim for a total of 4 servings of “carbs” – make sure you read the specifics below...***

This day is just as the name implies – you’re not completely restricted on your carbohydrate intake, but you’re not allowed to eat whatever you’d like either...you’re somewhere in the middle.

For some, this won’t be a big deal and, upon closer investigation, will be very close to your day-to-day diet once you’re completed with this month. This is actually what I like my days to look like. I don’t really crave things like bread, sweet fruits, etc. and days like this feel good to me. You may be different – just pay attention to how you feel.

Okay, now that I got off on that little tangent, let’s bring it back home...

I stated in the “quick overview” note that you can have 4 servings of “carbs” on your Medium days. What’s that mean? It means that, not including vegetables or foods that are higher in protein and fat, you should have 4 servings of carbohydrate rich foods.

Things like apples, pears, whole grain bread (1 slice = 1 serving), lemon, lime, papaya, rye bread, etc. are okay on these Medium days.

***I'd prefer you space them out throughout your meals rather than trying to get them all in at one sitting.***

***By that I mean, I'd rather you not have a sandwich, whole grain crackers and grapes for lunch (which would be all 4 servings) and would instead like to see you maybe have a good whole grain sandwich (with no processed meats) for lunch and maybe a slice of whole grain toast with all-natural peanut butter spread on top and an apple after your workout and a big serving of grapes along with your dinner.***

4 servings per day not including vegetables, berries, or junk carbs from processed grains or candy.

Make sense?

## **High Carb Days:**

***Quick Overview: On your "High Carb" days, you have no limit on total carbs and can cheat and eat some bad stuff (except for the limitations noted below).***

If you look back at the schedule, you'll notice I also placed the word "cheat" after High Carb and that's because these days can be thought of as a type of cheating/reward day, but there is a catch.

You are able to eat whatever fruit you'd like, including GOOD fruit juice (Sunny Delight is NOT included), you may have some of the grains from the approved list, but there are some catches.

### **No alcohol.**

Sorry, but to get the most benefit out of this program, you are going to have to completely cut out alcohol. It's simply too simple of a carbohydrate – it's worse than white bread – and I can't in good conscience put it in this plan.

Yes, this includes wine. We're not debating the supposed health benefits of red wine, or any of the other scientist data found in mass media. No alcohol...no alcohol...no alcohol.

Things like candy, 100- calorie snack packs, cookies, crackers (unless the first ingredient is whole grain), etc. are not "okay." If this sounds too harsh, you have to remember what it is you're trying to accomplish and what you're trying to gain (or lose...depending upon how you phrase it). You are trying to lose fat, and when you are losing fat, some things must be completely cut out for a certain period of time until you learn to manage them in your life.

Another caveat with the High Carb days is you can't go crazy with your total calories. Yes, you are able to be freer and include some of the foods and drinks that aren't "allowed" on the other days, but it's not a free pass to treat it like an all-you-can-eat buffet.

The good news is that shouldn't be possible. One of the benefits of following this type of plan is that you shouldn't be able to go overboard with the eating. Any time I do this type of plan, I do

get pretty hungry on the High Carb days, but my body won't allow me to overeat because the food just doesn't sit well anymore and my body turns the "off" switch much, much sooner.

Your results may vary, but that's what I've found happen...it's one of those things I know but can't prove by pointing to a scientific study or some page in a physiology book.

Oh, one more thing that you always need to be aware of while looking at grains and breads in particular. Whole grain sources are going to be higher in total calories than their refined counterparts. It should come as no surprise, but the refined stuff like wheat flour, white bread, white rice, etc. all have the good stuff removed and that good stuff has a lot of calories – even though they're "good" calories, they're still calories and you need to be aware of them.

For instance, it's not abnormal to see a slice of white bread be around 90 calories and a slice of real whole grain bread be upwards of 120-130 calories or more depending upon its thickness. That may not sound like a lot, but if you're having a sandwich, it's double and if you have 2-4 servings a day, it can add up quickly.

It shouldn't be that big of a deal because, even though there are more calories, the extra fiber should fill you up faster (assuming you're not inhaling your food) so you'll stop before you eat too much.

I just wanted you to be aware of the difference.

***One more thing with these "High Carb" days and it's about food combinations. I don't want you to eat any of these extra carbohydrates by themselves. For example, don't go to the refrigerator, grab a bunch of grapes and eat them alone. Eat those grapes with something containing protein like a handful of raw cashews.***

We want to keep your blood sugar swings to a minimum and even though you are consuming fewer calories, we still want to keep that swing to as low a level possible.

**When you're eating a meal, save the carb sources – except for vegetables and high fiber fruits – to last. Don't eat your whole grain breads BEFORE eating your protein and fruit/vegetable. Eat it last. This will help keep your carb eating in check and limit any excessive amounts you may be inclined to eat.**

Here is a sample High Carb day:

**Breakfast:** Bowl of high fiber cereal with ½ banana sliced on top. 1-cup natural orange juice and hard-boiled egg

**Snack:** 1 small handful raw almonds, ½ Cup chopped pineapple (if buying canned pineapple, make sure it's packed in water and not syrup or juice)

**Lunch:** ½ can tuna topped on 1 slice whole grain bread. 1 Orange. 1 Pear. ½ Cup broccoli.

**Snack (optional):** Apple slices with all-natural peanut butter (1 serving of peanut butter total!)

**Dinner:** Grilled chicken breast, ½ baked sweet potato topped with real butter and cinnamon. ½ Cup broccoli. ½ cup chopped pineapple. Tall glass of water.

### **Tips and pointers for High Carb days:**

- Make sure you decrease your protein and fat intake on these days. This helps to ensure you don't go overboard on total calories. Don't make it a drastic swing in protein/fat foods, just decrease portion sizes a bit to compensate for the increase in carbs – as an example, if you're having an omelet for breakfast and normally use 3 eggs, on your High Carb days only use 2 eggs.
- Decrease the amount of carbs you have as the day goes on. This way you get the majority of your carbs earlier in the day and gradually decrease toward dinner. Theoretically you're more active during the day and gradually get less and less active as the day goes on. You don't want to eat too many extra carbs for your last snack/meal because it'll be more difficult to burn them off.
- Limit the processed stuff in general. It's very difficult to find “good” processed carbohydrates and for this month you should cut them out as much as possible. Are they okay on the High days? Sure, but don't rely on them because many are void of nutrients and it can be difficult to know whether they are truly whole grain or refined/processed carbs.
- Make sure you eat your carbs when paired with protein/fat. As I said earlier, don't simply eat a bunch of grapes, or toast, on their own. Add a protein and/or fat with them for snacks and when eating meals, make sure you eat your fibrous carb, protein and fat BEFORE your starchy carbs.
  - For instance, if you're having a piece of toast, spread some all-natural peanut butter and real grape jelly (not the flavored sugar junk) – just be wary of total calories as a normal slice of bread can be 100-120 calories, the serving of peanut butter is a little over 200 and real jelly could be up to 80-100 so what you think may be a good “side” or snack is actually 380-450 calories. Yikes!
- Remember – don't go nuts with your total calories or total carbs. Keep things under control and always remember your goals. Remember your “habits” for eating speed, meal timing and your own personal tricks/rules

### **Carbohydrates:**

You are still going to be consuming a lot of carbohydrates on this plan, but your intake of the bad stuff will be cut to zero.

- Vegetables will be your friends, as will high fiber fruits and real, whole grains.

Here's a small list of "okay" carbohydrates for Medium and High days...

<b><i>Fruit</i></b>	<b><i>Vegetable</i></b>	<b><i>Grain</i></b>
<p>All of 'em!</p> <p>Best are:</p> <p>Blueberries, Raspberries, Blackberries, Strawberries, Apples, Oranges, Pears, Prunes, Watermelon, Pineapple, Apricots, Kiwi, Papaya, Cranberries, Cherries, Goji berries Guava</p>	<p>All of 'em!</p> <p>Best are:</p> <p>Spinach, Romaine Lettuce, Broccoli, Cauliflower, Asparagus, Baby carrots, Green beans, Peas, Kale, Collards, Celery, Fennel, Green, Red, Yellow Peppers, Brussels Sprouts, Tomato, Green &amp; Red Cabbage, Acorn Squash, Butternut Squash, Bok Choy, Green Onion, Leeks, Zucchini, Cucumber, Mushrooms</p>	<p>Quinoa – excellent choice</p> <p>Whole Grain breads – don't trust the front of the label, look at the ingredients. If you see anything that says enriched, processed, or anything other than Whole Grain, don't eat it.</p> <p><b>NOTE: Really, really, really try to limit your intake of grains on an overall basis. Don't go overboard and try to limit your intake to 2 or 3 servings on High days.</b></p> <p>Sour dough bread</p> <p>Brown rice – not white rice that's been dyed brown</p> <p>Oatmeal – be extra, extra careful of the single-packet variety. Look for old fashioned or steel cut</p> <p>Air-popped popcorn – be careful of additives – a little butter is cool</p> <p>Rye</p> <p>Breakfast cereal that is from whole grain sources – sorry but Fruit Loops are still out ☺</p> <p>Ezekiel bread</p> <p><b>NOTE</b> – these carbs should NOT be fried...no French fries, sweet potato fries, etc. You may bake your own fries, but don't get them fried at a restaurant, or home, because the fat is whack.</p>

**\*\*Keep in mind these are incomplete lists. There are way too many foods and drinks for me to know them all, especially when you start throwing in some of the ethnic foods. Use good judgment, use what you've learned, and if all else fails, ask me.**

### **Protein:**

Protein is going to be your friend during this program. I don't want you to think this is necessarily a "high protein" plan because it's not. I'm not asking you to cram loads of protein down your gut in order to lose weight because that's just silly.

Your protein intake will be pretty stable throughout and should be pretty close to 1 gram per pound of your DESIRED weight. So if your goal is to be 130 pounds, shoot for 130 grams of protein per day, maybe a bit more.

I know many people think that low carb/higher protein diets allow you to eat tons of fatty protein sources and that's not the case with mine.

Your protein sources must be high quality and the following is a quick list of good sources of protein...

- Tuna fish (canned in water)
- Lean beef – preferably free-range/grass fed. If you choose not to do so, make sure you pick the leanest cuts possible and the leanest source of ground beef. No visible fat!
- Chicken – white meat
- Turkey – white meat. Turkey is also a good substitute for ground beef
- Cottage cheese
- All-natural yogurt
- Egg Whites
- Whole eggs – preferably free-range
- REAL cheese – American cheese is not real cheese! Most shredded cheese is also fake. Expand your cheese horizons and pick out some feta, Gouda, goat, Gorgonzola, etc.
- Other meat sources like lamb and pork. Make sure they are lean cuts.
- Almonds
- Walnuts
- Cashews
- Brazil nuts
- Hazelnuts
- Peanuts – all nuts must not be perverted and should be in their raw state – no roasting, honey roasted, salting, smoked, etc.
- Legumes (chick peas, etc.)
- Black beans
- Red beans

\*\*This is not a complete list so if you have questions about a certain food, don't hesitate to ask.

### **Fat:**

Fat is an essential nutrient. You need it to live. You need it to function normally and you need it to look as pretty as you do.



Aside from protecting your insides and transporting fat-soluble vitamins (A, E, K) to their necessary workstations, it also helps to keep your appetite in control. Just like fiber, fat is nature's appetite suppressant.

The problem is that most of us get our fat from the wrong sources – too much red meat, processed food, excessive saturated fat, etc. and not from the good sources.

Your fat sources **MUST** be healthy fat sources – no fried foods, fast food meals, high fat meat (unless it's free range), processed junk, etc. The fat sources **MUST** be high in Omega-3 fatty acids from things like nuts, wild fish (salmon, halibut, etc.).

The one thing about fat is that the good sources are also the sources of high quality protein, aside from healthy oils.

Almonds are good sources of fat, plus they're high in protein (and fiber).

Wild salmon is a great source of fat, and it's a great source of protein.

Eggs are a good source of fat (as long as you're not over consuming commercial red meat) and they're awesome sources of protein.

See my point? Good sources of fat are also good sources of protein.

I do want you to keep your intake of oils like safflower, sunflower, sesame and canola to a minimum as they have too high a ratio of Omega-6 fatty acids.

Also, no trans fats...duh! ☺

## **Extra Tips and Tricks To Maximize Your Success**

### ***Nutrition and Exercise Journal.***

During your 30-Day "Wave" diet, I highly recommend you keep a nutrition and exercise journal.

Write down what you ate for every meal, and be as specific as you can. Also write down how you felt before and after each meal and even how you felt when you woke up.

Writing down how you felt can go a long way in determining whether you're consuming enough carbs on your Medium/High days – or the right ones – and keep you on track.

Keeping a good journal also helps at the end of the 30-day period to evaluate how the entire diet went. If you achieved your goals, you will be able to point to the plan and say "This is why!" and on the flip side, if you didn't achieve your goals, you may be able to point to some things and say "This is why I missed my goal by a few pounds."

You should also keep track of your workouts. Write down what you did, how long it took, how you felt before and after, and as much other information as you can.

This journal should not be vague...you need to be specific. If you ate a cookie on a low carb day, write that down! If you ate perfectly on a Medium Carb day, write an affirmation for yourself saying, "I ate perfectly today and I feel awesome!"

### ***Measurements.***

On day 1, you should pull out the trusty tape measure and measure your waist, hips, thighs, chest, shoulders and arms.

Write that information down and do it again at Day 15 and again at Day 30. I think this information is going to be much more valuable than a number on the scale because it's something that you can actually grasp.

Knowing you lost 15 pounds isn't that big, but when you know you have lost 3 inches off your waist and another 2 off your thighs, that's HUGE and you can tell by the way your clothes fit, by the fact that you have to buy new, smaller clothes and how you see yourself in the mirror.

Pay close attention to these numbers as they can be the true tale of your success.

### ***Load up on the water.***

Water is going to be your friend during these 30 days. You should always pay attention to your water intake, but during these 30 days it's going to be extra important to get enough water.

Carry a bottle with you and drink it. I know that sounds elementary, but it's amazing how we can forget to actually drink it when we have some with us.

While you workout, drink it. Don't wait until the end of your workout to drink water – sip throughout the workout.

Have water for every meal and snack.

When you wake up in the morning, have a big, cold glass of water. It will awaken and energize you more than a cup of coffee ever will!

Water will help in the transportation of all that fat to your muscles where it will be used and burned as energy.

Water also helps transport all the vitamins and other nutrients to all the cells of your body, which will help in keeping your energy up.


Water keeps your skin hydrated, which will keep you looking younger, healthier and sexier.


I'm not asking you to drink so much water you spend  $\frac{3}{4}$  of your day in the bathroom, just make sure you drink plenty of it throughout the day and limit anything that may dehydrate you.

Okay, I think you're armed with enough ammunition to ensure your success! I'll stop my rambling here and move on to a little Question and Answer section to help get over many of the common questions/concerns I've encountered in the past with this type of plan.

## Q&A

Here are some common questions and their answers for Carb Rotation:

: "How long does this diet last? Am I supposed to do it forever?"


: I suppose you could if you really enjoy it, but it's meant to last 30 days. After following the plan diligently for 30 days, you take some time and evaluate your results.

If you've met your goals, you can transition into a more normal routine, but that doesn't mean you can go back to your old eating habits – the ones that got you to where you decided to lose weight in the first place. Once you've reached your goals, most of your days will look like the Medium Carb days, but maybe with a little more wiggle room. I actually have plenty of programs that can teach you more about healthy eating habits once you reach your goal, just let me know when you're ready.

Another option is that after your initial 30 days is up, you evaluate where you are and if you have more weight to lose, go for another 30 days. Also, if you haven't lost "enough" weight (this is a relative term) in the first 30 days, you can change up the days a bit and remove one of the High Carb days and replace it with a Medium Carb day.

The long and short of the answer is this plan is meant to be done in 30-day increments. Follow it for 30 days and evaluate your results afterward.


: "Are high fiber cereals okay?"

: They're okay on your Medium and High Carb days, just pay attention to the serving size because most servings of cereal are A LOT smaller than you think. 1 serving does not equal a bowl full!


Also make sure you get a real high fiber cereal. It's a packaged/processed food and is not to be trusted until you look at the nutrient breakdown (calories, fiber, sugar, etc.) and the ingredients listing. If you see processed/flour, etc. don't buy it. It should be lots of whole grains, nuts, high fiber fruit, etc.


A better option would be to use raw oats and make your own oatmeal. You can add berries, or other fruit, to it as well as some cinnamon and it will taste AWESOME!


: “I’ve been following the Carb Rotation plan for a couple weeks and not seeing much weight loss. Is it okay to do more low carb days?”


: That depends. First, I’m assuming you are following it diligently and not straying from the plan. This is a short-term plan and you should stick to it as close as possible. Second, I’m assuming your workouts are in order. If those two things are being followed, then I would like to see you remove one of the High Carb days and instead do a Medium Carb day. So you’d now have 3 Low Carb days, 3 Medium Carb days and only 1 High Carb day. This may be enough to jump-start your fat loss. Sometimes having 2 High Carb days in there can mess things up a bit too much and make too much temptation.

Generally, if you have 20 or more pounds to lose and you aren’t seeing at least 2 pounds of weight loss per week (maybe more), you should remove one of the High Carb days. Don’t remove both and replace them with low carb...that would defeat the purpose of this plan and you may as well stick with a crazy low carb diet....but you won’t like it.

: “You say that the low carb days are “low carb” but you also tell me to eat as many vegetables as I’d like...vegetables are carbs so why is it okay to eat as many of those possible?”

: Good eye! Yes, vegetables are “high” in carbohydrates, but the effect they would have on you in terms of insulin/sugar response is limited, plus they’re loaded with fiber, which drastically slows down digestion. Not only that, but they’re crazy low in calories per serving so even if you were somehow able to eat 10 servings of vegetables in a day, you’d only get like 600 calories...but I seriously doubt your body would allow you to eat that many servings of vegetables in one day.

: “Why can’t I really cheat on the High Carb days? I want to eat some pizza or a burger and fries with a beer, but you say I can’t. What the hell?”


: Your goal is to lose weight, right? Your goal is to lose weight quickly, right? Well, some sacrifices need to be made – for a short period of time. You are correct that you shouldn’t have alcohol on your High Carb days, or any other day, during this plan and that’s because it’s a type of Carb Rotation and alcohol, no matter its source, is SUPER HIGH in carbohydrates. It’s the simplest sugar on the planet, which makes it a no-no on this plan.


As far as the pizza and burger and fries are concerned, you can have those as long as they fit the guidelines.

A burger and fries can be had on the High Carb days as long as you use whole grain buns and bake or grill the fries rather than using white/processed buns and deep-fried French fries.

The same goes for the pizza. Actually, you could have the pizza on a Medium Carb day if you made it right.

Grab a whole-grain pita and add lots of vegetables, REAL tomato sauce and some baked chicken breast and REAL mozzarella cheese and you have a perfect meal. You could even forgo the sauce and instead use more veggies and more REAL cheese. This is a very tasty meal that we love in our house – including Maren!


: “Really?! No cheating?”


: I have to be tough, but I do understand if you deviate a bit and want to treat yourself. If you find a good zero-calorie treat that helps keep you sane while following this program, go for it. If having a diet pop on a daily basis, although I think that’s not the healthiest thing, is going to keep you on track with the eating, go for it.

If you find a good zero calorie, or extremely low calorie, dressing, ketchup, etc. that is very tasty and helps keep you rolling, then go for it.

If you “fall off the wagon” and eat a burger and fries or have a couple beers one night, that’s fine and you shouldn’t sweat it. Just don’t do it more than once during the month and you’ll be cool.

I have to be careful when talking about cheating because many who read this I will never meet in person and don’t know their personality. Know what I’m sayin’? If I knew that being able to have a cookie per day would be the difference between you going insane and seeing your desired results, I’d say go for it...but don’t get too carried away. Remember your goals...always remember your goals and remember what you’re trying to accomplish.

: “I see a lot of packaged foods at the grocery store with the label “Low Carb” or “Low Carb Friendly” and am wondering if those are okay on this plan.”

: That depends on if they’re a real food or processed food. Most likely, because they come in a box, they are processed foods and you should steer clear.

They could remove the sugar from cookies and call them “low carb” but that doesn’t mean those cookies are now okay to eat. Food manufacturers did the same thing back in the 90s when fat was the big bad voodoo daddy. They removed fat, added sugar and/or artificial sweeteners, slapped the label with the words “low fat,” “reduced fat,” or “no fat” and voila...the perfect diet food! Except they weren’t perfect and added hundreds of worthless calories and loads of artificial sweeteners to our diets, which aided in our rapid weight gain as a society over the past couple decades. Remember Snackwell cookies? Those are the perfect example from the low fat craze and the same thing happened when Atkins became all the rage.

Steer clear of any packaged/processed food and NEVER trust the front of a box. Always turn it around and look at the ingredients list. That tells the true story of whether a food is real or a processed junk food.

: “What carbs should I avoid?”

⚡: Anything processed – white bread, white rice, any flour, crackers, cookies, candy, wheat bread (it's probably white but dyed brown), processed pastas, soft drinks.

Pretty much all the pre-packaged boxed foods and anything with flour in the name.

👤: “Are there any recommended condiments or spices?”

⚡: Absolutely. First, you should steer clear of the sauces and dressings that are high in sugar – which is most. Stick to real vinaigrette dressings for salads.

Also things like cinnamon, pepper, hot sauce, soy sauce, Dijon mustard, salsa and Mrs. Dash seasonings are all great to add to your foods.

👤: “Okay, I get the diet, but I don't really get WHY you're having me rotate my carbohydrate intake? What's the point?”

⚡: Good question! There are a few reasons, and I'm going to do my best to remove any shred of science sounding gobbly-gook 😊

The low carb days are going to be your fat burning days. Your stored carbohydrates (glycogen) will be depleted, which means you'll start pulling a lot of your energy from your fat stores. You'll also increase your protein and fat intake a bit to help aid metabolism. Your medium carb days will help keep your glycogen stores low, while keeping your fat burning elevated and help keep your mood and energy levels high. The High Carb days will replenish those carbohydrate stores (muscles and liver) and continue keeping your metabolism high and will actually keep your fat burning in high gear.

The important part with the High Carb days is to not go overboard on your total calorie intake as those excess calories will still be stored as fat.

I hope that better explains the rationale. Essentially you're depleting your carbohydrate storage areas, which will help force your body into using stored fat (which is just unused energy) as its fuel. The problem with doing this long-term, and the reason we rotate carbohydrate intake, is that it can drop your energy and mood and lead to a lower metabolism. However, the rotation keeps you burning a lot of fat, removes unnecessary foods from your diet and saves muscle tissue while keeping your energy levels high and your mood elevated.

👤: “Should I take any supplements while doing The Wave?”

⚡: That depends on what you have in mind. I NEVER recommend anyone taking any type of fat burner or weight loss supplement because they don't work. They just don't. Sure some may help

you lose a few pounds in the first couple weeks, but that's largely water weight due to the stimulants that cause dehydration.

However, I do recommend you take a high quality EFA (essential fatty acid) supplement, which will help your metabolism stay elevated and ensure you're consuming enough healthy fats. I always recommend people supplement with a high quality EFA, but I believe it's even more important while following a program like The Wave. I recommend Biotrust Nutrition, which you can find at [www.Biotrust.com](http://www.Biotrust.com), but you can use any high quality brand...just make sure they're a good brand and not the cheapest or the one the goober at the supplement store recommends because they pay the highest commission. Ask questions.

I also recommend you take a multi-vitamin and maybe even invest in some high quality protein powder. The protein powder comes in handy when making smoothies, or looking for a good high protein snack that takes no time to make. If you need some recommendations, just holler and I'll give you some.

Again, don't take any type of fat burner or weight loss supplement as it may cause more harm than good. Not only are they junk, but also the stimulants can mess with your ability to store/burn stored carbohydrates.

Q: "What about milk?"

A: I'm not a big fan of milk, but you may enjoy it. However, you will need to pay attention to how your body reacts to it while doing this plan. Milk does have sugar – lactose – and can cause some issues on your low carb days. If you are going to drink milk, buy organic and buy some with a bit of fat but beware that it does contain calories. Liquid calories, whether they're "good for you" or not are often not counted and can make or break your weight loss.

I suggest to everyone to remove cow's milk from your diet for a week and see how you feel. You may find you feel much better without it than you do drinking it. If that's you, don't drink it anymore.

You can drink almond milk if you want that milk "feel" with your breakfast, but remember it is calories...

Q: "This seems overly difficult to follow. Can you "dumb it down" for me?"


A: Ohhhh, I suppose. To make this really, overly easy, a good rule of thumb is that on your low carb days, totally cut out grains and fruit (with the exception of a couple servings of berries), the medium carb days you can have 4 total servings of "carbs" and your High Carb days, you are not limited on total carbs, but you should eat them after you've even protein/fat. Vegetables are to be eaten in abundance on all days; processed carbs are to be removed, as are white breads, white rice, alcohol, junk food and soft drinks/fruit juices.




On your low carb days, you should increase your total protein/fat intake, while on the high carb days you should decrease your protein/fat intake a bit and your medium days should be somewhere in the middle.

I give plenty of examples of what a typical day could look like while following the plan, so consult those if you're looking for specifics on what types of foods to eat.

There's much more to this plan, which is why it takes up more than ½ page, so don't forget to read the rest!


: "What kinds of workout should I follow on this program? Should I workout every day, what type of workout, etc.?"


: You are always encouraged to workout, and I give you plenty of workouts to do in this program. There are some caveats, though.

First, on your low carb days, I want you to try and avoid doing anything that's higher intensity – no long, hard runs; no high intensity resistance training; no high intensity interval training. If you're going to do anything on those days, make it moderate paced cardio for 20-30 minutes. Light jogging, walking, bike riding – nothing too taxing and you should not 'feel it' afterward.

Your High Carb days should be your toughest, most intense workouts of the week. Your energy should be soaring and you want to put those extra carbohydrates to work. Do a resistance workout for 25-35 minutes, do some high intensity interval training, if you're a runner make these your long runs.

Your Medium days can be intense, but go by feel. If you feel worn down, take it a bit easier. Personally I feel pretty good on the Medium days so I do a normal workout (just like a High Carb day).

: "You say the High Carb days can be thought of as a cheat day, but how much am I really allowed to cheat?"

: That's kind of a loaded question because it depends on your view of a "cheat." Do you think a cheat day should be totally free like eating fast food, junk food and a 6-pack? Do you think there should be no restrictions?

That's not a cheat day...that's a binge day and it should never be okay – especially if your goal is to lose fat.


You are able to cheat a bit by adding high quality "junk" in the form of real ice cream, dark chocolate, etc. just no processed junk, candy, alcohol, soft drinks or greasy fast food.


If that sounds overly restrictive, always keep your goals at the top of your mind and remember the habits that got you to the point of wanting to lose fat. I believe you can accomplish whatever



you set your mind to, but you have to believe it first and you must know and understand that to get there some sacrifices **MUST** be made.


You can relax those standards a bit after this month is up and once you achieve your goals – nobody should be expected to eat perfectly all the time...I know I sure as heck don't! But you have to remember your goals and strive to reach them before you start tweaking with the program.


: "The scale is driving me crazy! One day it says I lost 5 pounds, the next it says I gained 3! What gives?"

: This is normal and should be expected to a certain degree, but I think you should only weight yourself on the Medium Carb days and only 1 or 2 times per week...not every day.

You are rotating your carbohydrate intake, which means you could possibly fluctuate in terms of "weight" but it most likely isn't all due to fat loss/gain and is more likely due to water loss/gain. On your higher carb days, you will retain a bit of water, which is okay and to be expected, whereas on the low carb days that water will be depleted.

Even though you may notice some ups and downs, the overall trend should be down. If it's not, you need to re-evaluate your eating and lifestyle.

: "How much weight can I expect to lose on this plan?"

: That depends on how much you have to lose. I don't mean to be vague, but I don't want to throw out a general number and have it be way off base for you.

If you have over 20 pounds to lose, you could expect to lose 2-3 pounds per week, maybe more in the first week or 2.

If you're trying to lose those last 5-10 pounds, it'll be less because those last few pounds are a struggle to lose. However, if you follow the plan and don't mess with the workout schedule, you could lose 1-1.5 pounds per week and maybe more in the first week, which is pretty huge. This plan is great for someone who wants to not only lose weight, but look damn good when they're done because it protects your muscle mass (unless you drop calories too low or do too many low carb days in a row), which is where the fat burning really takes place. You don't turn into a skinny fat person like you do on many other diets.

If you have over 30 pounds to lose, you could lose 2-5 pounds per week your first few weeks then 2-3 pounds thereafter until you get closer to your goal.

Remember, these numbers are general and yours may be different. It's difficult for me to say without knowing you specifically as there's a lot that can go in to how quickly you lose weight, but those numbers I gave earlier are good guidelines and can be a good way to track your results and help you determine if anything needs to be tweaked.

But, the short answer is you can lose a lot of weight, and you can do it quickly and in a healthy manner and KEEP it off – which is pretty dang cool!

I know you can do it. I believe in you. You must believe in yourself and keep your outlook up. Don't get down on yourself if you have a bad day, and always remember your goals and tell yourself, constantly, that you are achieving your goals. Imagine yourself in your new, lighter body and feel yourself in that figure.

### **Sample Week Carb Rotation Meal Plan**

#### **Day 1: Low Carb Day**

Breakfast – 3-egg omelet with ½ cup spinach and 1 oz. mozzarella cheese and glass of almond milk

Snack – small handful of cashews, 10 baby carrots

Lunch – Bowl full (use your imagination) of mixed greens (no iceberg lettuce), 4 oz. grilled/baked chicken breast chunks, few blueberries, chopped broccoli, and raspberry vinaigrette dressing (optional feta cheese crumbles sprinkled on top) and big glass of water to drink

Snack (optional) – ½ Cup All-Natural Vanilla Yogurt mixed with homemade granola

Dinner – 4 oz. sirloin steak, asparagus, green beans, ½ cup pineapple

#### **Day 2: Medium Carb Day**

Breakfast: Oatmeal topped with blueberries. Glass of almond milk

Snack: All natural yogurt, orange

Lunch: salmon steak, 1 slice whole grain bread, zucchini slices, pear

Snack (Optional): Hard-boiled egg

Dinner: Whole grain spaghetti with all-natural marinara, ½ cup broccoli, green beans

### **Day 3: High Carb Day**

Breakfast: Bowl of homemade granola with ½ banana sliced on top. 1-cup natural orange juice and hard-boiled egg

Snack: 1 small handful raw almonds, ½ Cup chopped pineapple (if buying canned pineapple, make sure it's packed in water and not syrup or juice)

Lunch: ½ can tuna topped on 1 slice whole grain bread. 1 Orange. 1 Pear. ½ Cup broccoli.

Snack (optional): Apple slices with all-natural peanut butter (1 serving of peanut butter total!)

Dinner: Grilled chicken breast, ½ baked sweet potato topped with real butter and cinnamon. ½ Cup broccoli. ½ cup chopped pineapple. Tall glass of water.

### **Day 4: Low Carb Day**

Breakfast: Smoothie of protein powder, raw oats, kefir and ground flax seed

Snack: Cottage cheese, baby carrots

Lunch: Spinach salad topped with chicken breast and mixed vegetables

Snack (Optional): Small handful of almonds and blueberries

Dinner: 5 oz. steak, small mixed greens salad topped with vinaigrette dressing, sliced strawberries

### **Day 5: Medium Carb Day**

Breakfast: Protein pancakes topped with real butter and blueberries. Hard-boiled egg.

Snack: Handful of cashews, apple or pear

Lunch: Peanut Butter Banana Smoothie – 2 Cups Almond milk, 1 sliced banana, 1 tablespoon All Natural Peanut Butter. Side of an orange and/or blueberries (can also mix blueberries into smoothie).

Snack (Optional): Cottage cheese, baby carrots.

Dinner: Salmon filet on a bed of brown rice. ½ Cup cauliflower, pear, green beans.

## **Day 6: High Carb Day**

Breakfast: 3-egg omelet with spinach and mozzarella cheese. 1 slice rye toast topped with peanut butter.

Snack: 1 piece string cheese, 2 hard-boiled eggs, 1 apple.

Lunch: All-Natural Vanilla yogurt mixed with homemade granola with blueberries (or whatever fruit).

Snack (Optional): Fruit salad and small handful raw peanuts

Dinner: Lasagna with ground turkey. Green beans and strawberries on the side.

## **Day 7: Low Carb Day**

Breakfast: 1 Cup oatmeal, 20 blueberries, 10 sliced strawberries. Can use almond milk for preparing the oatmeal.

Snack: 1 Pear, small handful cashews

Lunch: Smoothie – ½ Cup All Natural Vanilla Yogurt, chocolate protein powder, ½ cup chocolate almond milk, ½ cup blueberries, and ground flax seeds. Blend it all up and enjoy!

Snack (Optional): 10 baby carrot sticks, 2 tablespoons Natural Peanut Butter

Dinner: 5 oz. beef tenderloin topped with ½ cup blackberries and blueberries. Green beans.