



THE **3** WEEK DIET

Joel Marion | Josh Bezoni

## The 3 Week Diet Supplementation Plan

**IMPORTANT NOTE:** Please realize that the majority of the supplements recommended are **replacing** food. While there is up front cost, you are actually saving quite a bit of money over the course of the programs by decreasing your grocery expenses. For example, on Fast Days the only thing required is BCAA supplementation. The cost of the BCAAs is substantially less than the food cost of a regular diet day. Same goes for the Shake Days—each shake replaces a meal for only a couple bucks (there aren't many meals out there that cost a couple dollars). And believe me, this program is going to save you A LOT of money by decreasing how many times you dine out over the course of 2 weeks. Bottom line, following the program to the letter along with the supplements (most of which are just “food” replacements) will get you the best results, and I guarantee you'll spend considerably less on the recommended supplements than you would buying your regular groceries and going out to eat. Just a little up front perspective as you move forward to get the most out of the program.

As you've seen throughout this manual, we've recommended the use of several fundamental/foundational supplements to use as part of the 3 Week Diet as well as some recommended, but optional supplements to accelerate your results.

### **Save 20% on Your BioTrust Nutrition Order!**

Best of all, as a 3 Week Diet customer, you are entitled to **20% OFF** your first BioTrust order after buying this eBook. Just use the coupon code **3week20** at checkout to receive 20% OFF your entire order!

**The specific supplements we recommend for use with the 3 Week Diet Program are as follows:**

# Fundamental/Foundational Supplements

## 1. BioTrust® Low Carb™

### The Stevia-sweetened, Cold-processed, Time-released, Certified Hormone-Free Protein Supplement

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of the *3 Week Diet*, as well as the daily pre-bed meal, and **especially on Shake Days**. It's made from cold-processed, Certified Hormone-Free whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality). It is also a true time-released protein with equal parts of fast- and slow-digesting protein to increase absorption and provide a steady flow of amino acids and nutrition to your body for up to 8 hours.



NOTE: To ensure you have the appropriate number of containers for your personal needs to last the duration of the 21-Day program, the recommended quantities are below.

Your Current Body Weight	Containers Needed to Last 21 Days
Less than 120 lbs	3 Containers
More than 120 lbs	4 - 6 Containers

**IMPORTANT NOTE:** Please remember that each shake replaces a meal for only a couple bucks (there aren't many healthy, nutrient rich meals out there that cost a couple dollars), and make the food-cost of each day substantially **cheaper**. [\[Click to Learn More about BioTrust® Low Carb™\]](#)

## 2. BCAA Matrix™

**Lose fat, not muscle! Preserve Calorie-Burning Lean Muscle While Dieting**

The only thing you will be consuming on Fast Days are Branched Chain Amino Acids (BCAAs) to offset and prevent the breakdown and catabolism of muscle (i.e. muscle loss). **BCAA Matrix™ and BioTrust® Low Carb™ are the most important supplements to use with the program.**



Maintaining your calorie burning lean muscle is a critical part of keeping your metabolism high as you rapidly lose fat, otherwise you will subject yourself to rebound weight gain.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking skinny and frail with a pudgy "over-layer").

To put it in simple terms, BCAAs are the “best part” of protein. So, if you were to consume 10 grams of BCAAs, you’re essentially consuming 10 grams of protein, only it’s “super protein”.

**The guidelines for BCAA intake on Fast Days are as follows:**

**Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.**

Now, the 0.15 g per pound of body weight calculation only applies to BioTrust BCAA Matrix as it is literally more than TWICE as absorbable as any other BCAA product due to its use of 3 distinct forms of BCAAs that target 3 different absorption pathways.

Simply put, BCAA Matrix is the highest quality BCAA supplement available anywhere.

NOTE: To ensure you order the appropriate number of bottles for your body weight to last the duration of the 21-Day program, the recommended quantities are below.

Your Current Body Weight	Bottles Needed to Last 21 Days
Greater than 120 lbs	2 Bottles
Less than 120 lbs	1 Bottle

[\[Click to Learn More about BCAA Matrix™\]](#)

## Highly Recommended to Accelerate Your Results

### 1. IC-5™

#### Carbohydrate Management and Insulin/Blood Sugar Control

IC-5 is a unique blend of 5 hard-to-come-by ingredients that together increase insulin sensitivity, manage blood sugar levels, and partition carbohydrates to be stored in muscle for energy instead of fat. The end result is significantly improved fat loss and body composition



while increasing insulin sensitivity and improving carbohydrate tolerance. Simply take IC-5™ when you eat carbs and you'll automatically store less carbs as fat!

**Quantity and Use:** Take 2 capsules before every P+C meal. One bottle will last the duration of the program. [\[Click to Learn More about IC-5™\]](#)

## 2. LeptiBurn®

### Fat Loss Accelerator and Hormone Support

Leptin is your body's #1 fat burning hormone – it controls literally **everything** related to weight loss. Improving your body's sensitivity to leptin as well as leptin production while dieting are crucial to optimal fat loss. LeptiBurn® is literally the ONLY scientifically-backed supplement on the market specifically created to increase leptin sensitivity and production while dieting, while accelerating fat loss.

**Quantity and Use:** Take 2 capsules on an empty stomach in the morning, and again in the afternoon. One bottle will last the duration of the program.

[\[Click to Learn More about LeptiBurn®\]](#)



## Other Recommended Nutrition Products for Convenience

## 1. BioTrust® Protein Cookies

### Outrageously Delicious and Incredibly Healthy!

Packed with 12g of high quality protein per cookie, 6g of fiber, and 100% all-natural and organic ingredients, these cookies are the ultimate in convenience and even better they taste amazing!

See for yourself—you have to try them to believe just how incredible they taste while being 100% all-natural and gluten free.



[\[Click to Learn More about BioTrust® Protein Cookies\]](#)

## 2. BioTrust® Organic Protein Bars

### Fat Loss Accelerator and Hormone Support

Right up there with our protein cookies are our Certified Organic delicious and nutritious protein bars! Each bar is a full organic MEAL, complete with 20g of high-quality organic protein, 14g of fiber, healthy fats, and low-glycemic carbohydrates.

They are also naturally sweetened with all-natural sweeteners like stevia extract and just like the cookies they taste INCREDIBLE! [\[Click to Learn More\]](#)



## **How To Order & Get 20% OFF EVERYTHING**

Again, as a 3 Week Diet customer, we're giving you the opportunity to try any or ALL of our scientifically backed all-natural supplements and food products at a whopping 20% OFF, with EVERY product protected by our industry best **1 YEAR 100% Satisfaction Money-Back Guarantee!**

Just start your BioTrust Nutrition® order with one of our premium products below and then add additional products to your order via the main menu at our website.

When you're ready to check out, be sure to use the coupon code **3week20** at checkout to get **20% OFF** your entire order!

And remember, you are protected by our 365-day 100% Satisfaction Money Back Guarantee on EVERY product. That's just the way we do business at BioTrust, and quite frankly, the assurance you deserve.



### **1. BioTrust® Low Carb™**

Our Delicious, All-Natural Time-Released Protein Blend [\[Click to Learn More\]](#)

### **2. BioTrust® All-Natural Protein Cookies**



The Healthiest, Most Delicious Cookies EVER! [\[Click to Learn More\]](#)

### **3. BioTrust® Organic Protein Bars**

Your Ultra Convenient Organic MEAL Replacement [\[Click to Learn More\]](#)

### **4. Pro-X10™**

Advanced Microencapsulated Probiotic Blend (now with Actazin!) [\[Click to Learn More\]](#)

### **5. LeptiBurn®**

Advanced Fat-Burning Hormone Support [\[Click to Learn More\]](#)

### **6. IC-5™**

Advanced Insulin and Carbohydrate Management - Don't Eat Carbs Without It [\[Click to Learn More\]](#)

### **7. BCAA Matrix™**

Lose Fat Not Muscle - Premium Muscle-Sparing Amino Acid Blend [\[Click to Learn More\]](#)

### **8. AbsorbMax™**

Premium Digestive Enzymes (now with GlutenGone!) [\[Click to Learn More\]](#)