

Eat It!

The Most Sustainable Diet and Workout Ever Made:

Burn Fat, Get Strong, and Enjoy
Your Favorite Foods Guilt Free

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Foreword by Gary Vaynerchuk



HARPER WAVE

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Set Habits That Will Keep You in This Long Term

Stop Waiting and Take Action

1. ACTION



I GUESS I'M DOING
THE THING...

2. MOTIVATION



OH YEAH! DID YOU SEE
ME DO THE THING ?

3. RESULTS

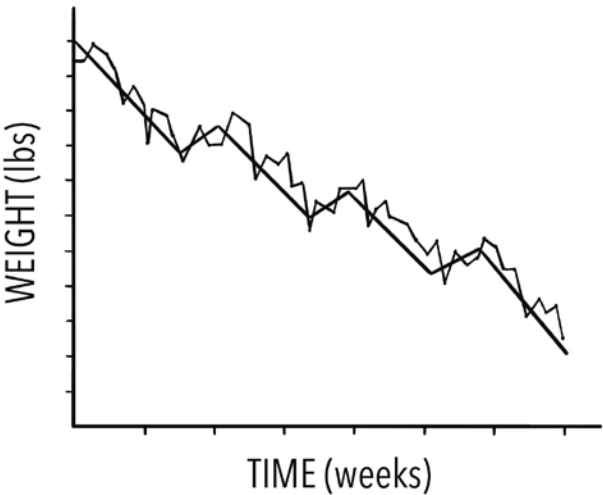


I DID IT ONCE,
I'LL DO IT AGAIN!

Outline Realistic Expectations for Success

Three Common Weight Loss Patterns

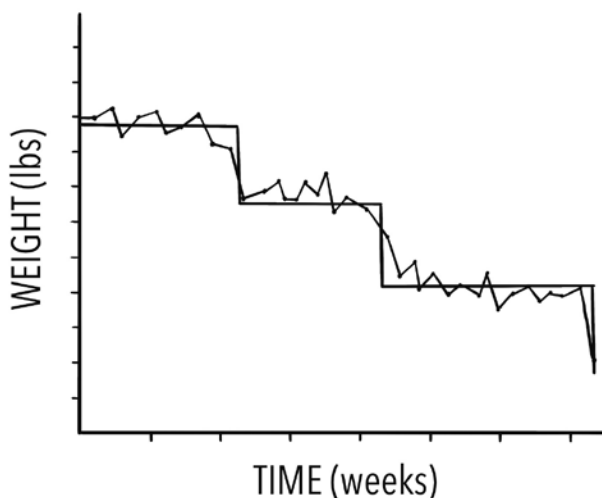
Harry's Scar



If this is your pattern, you'll usually see quick weight loss

within the first 2–4 days of being in a calorie deficit. For some people it will be 1 pound. For others it will be more. Either way, you'll lose weight almost immediately after starting your diet. Then after 5–10 days your weight will stall (and maybe spike up to where you began). This is normal. If you stay consistent with your nutrition, your weight will come back down and you'll continue to lose weight. Then, like before, your weight will spike up. This pattern continues until you've lost as much body fat as you want.

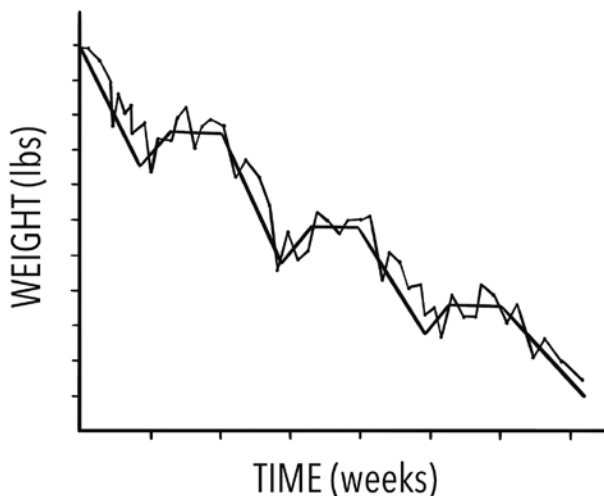
Downward Staircase



If this is your pattern, you likely won't see much (if any) weight loss within the first 3–7 days of being in a calorie deficit. Remember, this doesn't mean it's not working. This is just another common weight loss pattern. Stay consistent

with your nutrition and exercise, and within the first two weeks you'll see a definitive drop on the scale. This doesn't mean it won't spike up again (it probably will), but that's all part of the process. If your weight is following this pattern, you'll see a graph resembling a downward staircase with some random ups and downs along the way. Most people quit when they feel like it's not working because the scale hasn't gone down in "too long" and they think they've hit a "plateau," but don't fall into this mindset. Your weight will continue to drop over time—it just might not happen as quickly as you want. Stay consistent. Don't change anything. Keep going and you will achieve your goal.

The EKG



This pattern resembles a combination of the previous two. If your weight loss is following this trend, you'll likely

experience a quick drop in weight within the first 2–4 days of being in a calorie deficit. Soon after that, your weight will spike back up, followed by a brief “plateau” (which could last up to a week). Then the pattern starts over as you experience another drop in weight followed by the same cycle until you lose as much body fat as you want. Remember, the spikes and plateaus are normal. They don’t mean you’re failing or the diet isn’t working. It simply means you’re human and you need to keep doing exactly what you’re doing.

Now that we’ve explained the three common weight loss patterns, it’s important to remember you’re not going to lose weight every day or every week. If you lost a pound every week for a year that would be 52 pounds. Not everybody even has 52 pounds to lose. Just track your data and keep going. If you stay 80 percent consistent throughout that time you will notice a downward trend over the long term (30, 60, 90+ days). Even if, during some periods, you don’t lose much (or any) weight, it’s important to realize that maintaining a lower body weight is progress. Every day you maintain a weight that is lower than where you started is another day of progress. And it’s another day leading you toward long-term success.

Flexible Dieting

Workouts for Men

Warm-Up

1. Brisk Walk: 5 minutes
2. Calf Stretch: 20 seconds per leg
3. Kneeling Hip Flexor Stretch: 20 seconds per leg
4. Split Stance Adductor Mobilization: 10 per leg
5. T-Spine Extension/Rotation: 10/side
6. Glute Bridge: 10
7. Band Pull-Apart: 10

Four Days/Week Workout Program

Mon / Wed / Fri / Sat

Day 1: Lower Body, Abs, Arms

1a) Barbell Deadlift: 3×5

2a) Dumbbell Loaded Front Squat: 3×8

2b) Long Lever Hollow Body Hold: $3 \times 20\text{sec}$

3a) Single-Leg Romanian Deadlift: $3 \times 10/\text{leg}$

3b) Side Plank: $3 \times 15\text{sec}/\text{side}$

4a) Standing Overhand Grip EZ Bar Curl: 3×8

4b) Standing Underhand Grip EZ Bar Curl: 3×12

Day 2: Upper Body

1a) Chin-Up (weighted or assisted as needed): 3×6

2a) Seated Dumbbell Shoulder Press: 3×8

3a) Single-Arm Dumbbell Row: $3 \times 10/\text{arm}$

3b) Single-Arm Flat Dumbbell Bench Press: $3 \times 10/\text{arm}$

4a) Kneeling Single-Arm Lat Pulldown: $3 \times 12/\text{arm}$

4b) Single-Arm Leaning Lateral Shoulder Raise with Cable:
 $3 \times 15/\text{arm}$

4c) Face Pull: 3×12

- 5a) Chest Supported Dumbbell Spider Curl: 2×20
- 5b) Standing Dumbbell Overhead Triceps Extension: 2×15

Day 3: Lower Body and Abs

- 1a) Barbell Back Squat: 3×6
- 2a) Dumbbell Lateral Lunge with Goblet Hold: $3 \times 8/\text{leg}$
- 3a) Hanging Knee Raise: 3×12
- 3b) Single-Leg Hip Thrust: $3 \times 12/\text{leg}$
- 4a) Russian Twist: $3 \times 12/\text{side}$

Day 4: Upper Body

- 1a) Flat Barbell Bench Press: 3×8
- 2a) Bent Over Barbell Row: 4×8
- 3a) Seated Alternating Dumbbell Hammer Curl: $3 \times 6/\text{arm}$
- 3b) Seated Bent Over Dumbbell Rear Delt Fly: 3×12
- 4a) Feet Inclined Push-Up: 3×12
- 5a) Chest Supported Row: 3×15
- 5b) Farmer's Carry: $3 \times 30\text{sec}$

Three Days/Week Workout Program

Mon / Tues / Fri

Day 1: Upper Body

1a) Chin-Up (weighted or assisted as needed): 3×6

2a) Seated Dumbbell Shoulder Press: 3×8

3a) Single-Arm Dumbbell Row: $3 \times 10/\text{arm}$

3b) Single-Arm Flat Dumbbell Bench Press: $3 \times 10/\text{arm}$

4a) Kneeling Single-Arm Lat Pulldown: $3 \times 12/\text{arm}$

4b) Single-Arm Leaning Lateral Shoulder Raise with Cable:
 $3 \times 15/\text{arm}$

4c) Face Pull: 3×12

5a) Chest Supported Dumbbell Spider Curl: 2×20

5b) Standing Dumbbell Overhead Triceps Extension: 2×15

Day 2: Lower Body and Abs

1a) Barbell Back Squat: 3×5

2a) Dumbbell Lateral Lunge with Goblet Hold: $3 \times 6/\text{leg}$

2b) Long Lever Hollow Body Hold: $3 \times 20\text{sec}$

3a) Cable Pull Thru: 3×10

3b) Cable Crunch: 3×10

4a) Single-Leg Hip Thrust: $3 \times 10/\text{leg}$

4b) Russian Twist: $3 \times 10/\text{side}$

Day 3: Upper Body

1a) Flat Barbell Bench Press: 3×8

2a) Bent Over Barbell Row: 4×8

3a) Seated Alternating Dumbbell Hammer Curl: $3 \times 6/\text{arm}$

3b) Seated Bent Over Dumbbell Rear Delt Fly: 3×12

4a) Feet Inclined Push-Up: 3×12

5a) Chest Supported Row: 3×15

5b) Farmer's Carry: $3 \times 30\text{sec}$

Workouts for Women

Warm-Up

1. Brisk Walk: 5 minutes
2. Calf Stretch: 20 seconds per leg
3. Kneeling Hip Flexor Stretch: 20 seconds per leg
4. Split Stance Adductor Mobilization: 10 per leg
5. T-Spine Extension/Rotation: 10/side
6. Glute Bridge: 10
7. Band Pull-Apart: 10

Four Days/Week Workout Program

Mon / Wed / Fri / Sat

Day 1: Lower Body and Abs

1a) Sumo Deadlift: 3×5

1b) Glute Bridge: 3×10

2a) Goblet Squat: 3×10

2b) Dumbbell Romanian Deadlift: 3×10

2c) Single-Leg Plank: $3 \times 15\text{sec/leg}$

3a) Dumbbell Reverse Lunge: $3 \times 12/\text{leg}$

3b) Leg Curl on Physio Ball: 3×12

3c) Bicycle Crunch: $3 \times 12/\text{side}$

Day 2: Upper Body

1a) Dumbbell Bench Press: 3×8

1b) Dumbbell Row: $3 \times 8/\text{arm}$

2a) Push-Up: 3×10 (elevate your hands if needed)

2b) Batwing Row: 3×12

2c) Dumbbell Front Shoulder Raise: 3×12

3a) Seated Dumbbell Shoulder Press: 3×12

3b) Seated Dumbbell Hammer Curl: $3 \times 12/\text{arm}$

3c) Seated Dumbbell Overhead Triceps Extension: 3×12

Day 3: Lower Body and Abs

1a) Squat: 3 × 6

1b) Side Plank: 3 × 12sec/side

2a) Single-Leg Romanian Deadlift: 3 × 8/leg

2b) Bulgarian Split Squat: 3 × 8/leg

2c) Long Lever Plank: 3 × 20sec

3a) Single-Leg Hip Thrust: 3 × 15/leg

3b) Close Stance Goblet Squat: 3 × 15

3c) Russian Twist: 3 × 12/side

Day 4: Upper Body

1a) Seated Alternating Dumbbell Shoulder Press: 3 × 10/arm

1b) Dumbbell Row w/ Pause at Top: 3 × 10/arm

2a) Seated Machine Chest Press (or Push-Up): 3 × 12

2b) Lat Pull Down (palms facing your face, shoulder-width apart): 3 × 12

2c) Dumbbell Lateral Shoulder Raise: 3 × 12

3a) Cable Rope Biceps Curl: 3 × 15

3b) Cable Rope Triceps Press Down: 3 × 15

3c) Cable Rope Face Pull: 3 × 15

Three Days/Week Workout Program

Mon / Tues / Fri

Day 1: Lower Body and Abs

1a) Sumo Deadlift: 3×5

1b) Glute Bridge: 3×10

2a) Goblet Squat: 3×10

2b) Dumbbell Romanian Deadlift: 3×10

2c) Single-Leg Plank: $3 \times 15\text{sec/leg}$

3a) Dumbbell Reverse Lunge: $3 \times 12/\text{leg}$

3b) Leg Curl on Physio Ball: 3×12

3c) Bicycle Crunch: $3 \times 12/\text{side}$

Day 2: Upper Body

1a) Dumbbell Bench Press: 3×8

1b) Dumbbell Row: $3 \times 8/\text{arm}$

2a) Push-Up: 3×10 (elevate your hands if needed)

2b) Batwing Row: 3×12

2c) Dumbbell Front Shoulder Raise: 3×12

3a) Seated Dumbbell Shoulder Press: 3×12

3b) Seated Dumbbell Hammer Curl: $3 \times 12/\text{arm}$

3c) Seated Dumbbell Overhead Triceps Extension: 3×12

Day 3: Full Body

1a) Squat: 3×6

1b) Seated Alternating Dumbbell Shoulder Press: $3 \times 10/\text{arm}$

2a) Single-Leg Romanian Deadlift: $3 \times 8/\text{leg}$

2b) Seated Machine Chest Press (or Push-Up): 3×12

3a) Bulgarian Split Squat: $3 \times 8/\text{leg}$

3b) Lat Pull Down (palms facing your face, shoulder-width apart): 3×12

4a) Single-Leg Hip Thrust: $3 \times 15/\text{leg}$

4b) Cable Rope Triceps Press Down: 3×15

4c) Russian Twist: $3 \times 12/\text{side}$

Appendix: Macros Cheat Sheet

