

A BEGINNER'S GUIDE TO

DIET STACKING

FASTING

KETO

LOW CARB

VEGAN

PALEO

LOW CAL

D a w n a S t o n e

What is Diet Stacking?

Diet Stacking lets you combine a variety of different diets in a structured way to help you stay focused on your weight loss goals. Depending on which Diet Stacking plan or “stack” you choose, you cycle through several different diet programs over time. You participate in each diet in your stack for three days before moving onto the next one. In doing so, you get to reap the benefits of a variety of different diets, all of which have been proven to be effective individually.

The Diet Stack that you select may contain three, five or seven of the Diet Stacking approved diets (see below for the list). I've developed three Stacks for you that have been proven to work—The Simple Stack, The Weight Loss Stack and the Extreme Stack. Alternatively, you may decide to customize your own Diet Stack using any of the approved diets.

The primary benefit to this approach, other than the potential for sustained healthy weight loss, is Diet Stacking’s ability to help you avoid boredom. Just when you are about to get tired of a specific meal plan or diet, it’s time to switch to the next one! As you can see, Diet Stacking is perfect for those who prefer variety and shorter duration challenges.



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What You Need to Know...

1 The Basics...3 Days Each!

Each diet in your stack only lasts 3 days, no matter how many diets you stack.

The choice to use the term “stacking” in the name is an important one. In essence, you “stack” one diet on top of another no different than you would stack building blocks. One serves as a foundation for the next, and in the process, you achieve better results than you could have if using a single diet alone.

2 10 Diet Stacking Approved Diets

- Intermittent Fasting
- Ketogenic
- Low-Carb
- Paleo
- Raw
- Elimination
- Anti-Inflammatory
- Vegan
- Mediterranean
- Low-Calorie

3 The Simple Stack

The Simple Stack is also called "The 3-Stack" as it consists of just 3 of the Diet Stacking approved diets and only lasts 9 days (3 days per diet).

The recommended Simple Stack is:

- The Intermittent Fasting Diet (Days 1, 2 and 3)
- The Ketogenic Diet (Days 4, 5 and 6)
- The Vegan Diet (Days 7, 8 and 9)

4 The Weight Loss Stack

The Weight Loss Stack, also known as the 5-Stack is designed for a slightly longer period of time and even more weight loss. The recommended Weight Loss Stack is:

- The Intermittent Fasting Diet (Days 1, 2 and 3)
- The Ketogenic Diet (Days 4, 5 and 6)
- The Vegan Diet (Days 7, 8 and 9)
- The Mediterranean Diet (Days 10, 11 and 12)
- The Low-Calorie Diet (Days 13, 14 and 15)

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The Extreme Stack

The Extreme Stack or 7-Stack lasts 21 days and can help you lose as much as 10-15 pounds. The Extreme Stack consists of the following diets:

- The Intermittent Fasting Diet (Days 1, 2 and 3)
- The Ketogenic Diet (Days 4, 5 and 6)
- The Vegan Diet (Days 7, 8 and 9)
- The Mediterranean Diet (Days 10, 11 and 12)
- The Low-Calorie Diet (Days 13, 14 and 15)
- The Paleo Diet (Days 16, 17 and 18)
- The Elimination Diet (Days 19, 20 and 21)

6

The Custom Stack

The beauty of the Custom Stack is that you get to choose the number of Diet Stacking approved diets that you Stack and the order in which you do them.

But remember, the Custom Stack should follow the same rules as the other three stacking options. That is each diet in your Stack should only last 3 days!

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Diet Stacking Rules

- 1) Choose fresh, organic foods as often as possible
- 2) Avoid refined sugar and foods made with added sugar
- 3) Eliminate processed foods
- 4) Stay well Hydrated
- 5) Bake, grill, steam, Broil or poach rather than baste, fry or sauté
- 6) Don't be afraid to make special requests at restaurants
- 7) Coffee, Yes! Fancy Coffee Drinks, No!
- 8) Cut back on alcohol (until you reach your goal weight)
- 9) Perform daily weigh-ins
- 10) Keep a Diet Stacking Journal

Don't Do It Alone! Take the Challenge!

Want to Stack with me? Sign up for the Diet Stacking Online Challenge. As part of the challenge, you will receive:

- 4 video tutorials
- Detailed and easy-to-follow meal plans
- Shopping lists
- 50+ Diet Stacking recipes (with photos)
- Frequently Asked Questions Handbook
- 3 downloadable guides
- 3 incredible bonuses
- Extra motivation!

Learn More at:

DawnaStone.com/DietStacking

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About Dawna

Dawna is a mom of two young kids, puppy lover, ice cream lover, chocolate lover, and lover of any ice cream with chunks of chocolate in it. She is the author of nine books - including the "Healthy You Diet" Cookbook, a business owner, certified health coach and motivational speaker. Dawna appears regularly on local and national television. She has appeared on the Today show, Martha, MSNBC, HSN, and morning news programs on NBC, CBS, ABC, and Fox. Dawna is a highly sought-after speaker and has done speaking engagements for Chobani, Disney, American Heart Association, Mass Mutual, Wharton Business School, Women's Entertainment Television, PGA Tour, Super Bowl Leadership Forum, Susan G. Komen, and many more. Dawna was named one of the best clean eating bloggers by Prevention magazine. Dawna has an undergraduate degree from UC Berkeley and her masters from UCLA.