

The 4-Hour Body

AN UNCOMMON GUIDE TO
RAPID FAT-LOSS, INCREDIBLE SEX,
AND BECOMING SUPERHUMAN

Timothy Ferriss



CROWN ARCHETYPE
NEW YORK

TIM'S DISCLAIMER

Please don't be stupid and kill yourself. It would make us both quite unhappy.
Consult a doctor before doing anything in this book.

PUBLISHER'S DISCLAIMER

The material in this book is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the diet, exercises, and techniques described in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

VEGAN ATHLETES – TWO CASE STUDIES

Steph Davis (female)—Vegan
Athletics: World-class rock-climber
Objective: Endurance
Height: 5'5½"
Weight: 117 pounds
Weekly food cost: \$60–80

Mike Mahler (male)—Vegan
Athletics: Strength athlete
Objective: Strength and metabolic conditioning
Height: 6'0"
Weight: 197 pounds
Weekly food cost: \$100–125

Interview with Steph Davis (www.highinfatuation.com)

Steph Davis is a pro rock climber, BASE jumper, and wing-suit flyer. She is one of the only women to have free-soloed (climbed with no rope) routes at a difficulty grade of 5.11. She was also one of the first women to free climb (climb without mechanical aid) Yosemite's mighty El Capitan in one day.

Vegan vs. Non-Vegan Diets

For me, the only difference between what I think is a good diet between vegan and non-vegan is the additional of meat, fish, eggs, and cheese into the same basic diet--again, whole grains, soy, fruit and vegetables. You can either add the animal products or not, so it truly doesn't make much difference if you decide to go vegan if you are already eating this way. The thing is, most people don't. They eat packaged, prepared foods, and then it seems very complicated to switch from that "non-vegan" diet. But I think they would be healthier and perform better if they ate a simple whole foods diet anyway.

I've been vegan for 7 years, and have avoided refined sugar for 10. I have the hardest time with wheat, but have been wheat-free (with some lapses) off and on for 6 years. Wheat seems to be the thing that most dramatically decreases my performance. I made major increases in climbing performance when I turned vegan, particularly with long routes (freeing El Cap in a day, climbing Torre Egger in Patagonia, free soloing the Longs Peak Diamond) and also with climbing my hardest single pitch rock climbs.

Steph's Weekly Grocery List

I shop more European-style, about every day or two. I keep staples on hand, and then shop frequently to buy vegetables and whatever else I run out of.

- Short grain brown rice, quinoa, brown rice-pasta (all shapes)
- Olive oil (for vinaigrette), grape seed oil (for cooking)
- Tofu
- Almond butter
- Almonds, walnuts, pine nuts, cashews
- Dry soy beans, dry black beans, lentils
- Nutritional yeast (I put this on all dinner food)
- [Bragg's Liquid Aminos](#) (or soy sauce)
- Brown rice tortillas, corn tortillas
- Garlic
- Onions
- Potatoes (though I don't eat potatoes very often, they keep)
- Carrots
- Baking supplies, with a large non-wheat flour assortment
- Raisins
- Corn tortilla chips (I make salsa once a week or so)
- **Spices:** salt, fresh pepper, red pepper flakes, curry, cumin and baking spices

The baking spices I use the most are: cinnamon, nutmeg, cloves, ginger, and vanilla. I also always have walnuts, raisins and chocolate chips in my baking cabinet.

I also make my own soy milk a few times a week, with a blend of brown rice, soybeans, and almonds (I have a [Soya Joy soymilk maker](#)).

Buy fresh a few times per week:

- Red lettuce
- Chard or kale (if in season)
- Broccoli and cauliflower
- Cucumbers
- Red peppers
- Ginger, Serrano pepper (to sauté with garlic for every stir-fry)
- Cilantro and fresh basil
- Crimini mushrooms
- Zucchini
- Brussels sprouts (if in season)
- Fruit (by season)
- Tofu
- Eggplant

Supplements:

- [Quantum Health Super Immune Lysine](#) (2/day)

- [Olive Leaf](#) (2/day)
- [Astragalus](#) (2/day)
- [Veglife Vegan B Complex](#) (1/day)
- Veglife Vegan Cal-Mag Citrate+D with Betaine HCl (2/day)
- [Source Naturals Advanced Ferrochel](#) (1/day)
- [Natural Factors Biotin 300mcg](#) (1/day)

Recommended Starter and Staple Meals

Potato and Tofu Scramble

Slice up some potatoes, and fry them. Towards the end, add some onions, garlic, and other veggies if you want (red pepper and broccoli are good). Then take a block of fresh tofu and crumble it with your hands into the pan. Cook all of this for another 5-10 minutes. Add cajun spice (or some yellow curry powder) with salt and pepper. Eat plain or in tortillas.

Brown Rice and Stir Fried Veggies

Make brown rice. Chop up garlic, ginger, and a Serrano pepper. Sauté these ingredients first in grape seed oil. Then add chopped vegetables (for example: onion, broccoli, red pepper, mushrooms, and zucchini). Sauté those for another 5 minutes, then add cubed fresh tofu. Sauté for another five minutes. Squirt some [Bragg's Liquid Aminos](#) over all at the very end (in the last 20 seconds). Serve over the rice, with nutritional yeast.

Roasted Vegetables

Roast vegetables at 400 degrees Fahrenheit. Coat the pan with grape seed oil, then drizzle olive oil over all the vegetables (e.g. potatoes, beets, Brussels sprouts, onions, garlic, tofu, ginger—whatever you choose) on a flat pan in the oven.

I usually turn them a couple of times during the roasting. They are done when there are some brown marks, but not all dried out.

Interview with Mike Mahler (www.mikemahler.com)

Mike Mahler is a vegan strength coach and kettlebell instructor based in Las Vegas, Nevada. Mike has trained many world-class mixed martial arts fighters, such as former UFC light heavyweight champion Frank Shamrock, and is a leader in the field of strength and conditioning and the development of modern kettlebell lifting.

What supplements are essential for vegetarians or vegans? Why are they essential?

Vitamin B-12 is very important, as it is not found in ample amounts in the vegan diet. Many fake foods are fortified with it but I am referring to real organic food. That said, most people are pretty deficient in B-vitamins and it is something that everyone should be supplementing their diets with. Other than that, you can get everything you need to thrive on a well-balanced vegan diet.

What performance-enhancing supplements do you use and why?

I take a pre-workout supplement called “[Power Shot](#)” which was designed by Mark Philippi. It is loaded with great stuff such as Kre-alkalyn, beta alanine, tyrosine, magnesium, arginine, alpha lipoic acid, and waizy maize. It does not contain any stimulants such as caffeine. I take one serving 30 minutes before workouts and always have great workouts when I use it. I will be selling it on my site soon.

Other supplements I take include:

- [Sun Warrior Rice Protein](#): This is a high quality rice protein powder that tastes great. I use it as the basis of my protein shakes and homemade protein bars. I also like to mix it with [Pure Advantage's Pea Protein Isolate](#), as the two complement each other very well with regards to amino acids.
- [Ancient Minerals Magnesium Oil](#): This is a transdermal form of magnesium that works well to support hormone optimization (in particular, the stress management hormone DHEA). It absorbs much more efficiently than oral forms of magnesium.
- [Beverly Nutrition's Quadracarn](#): Increases androgen receptor uptake and insulin sensitivity. Contains several analogs of carnitine which are also great for cardiovascular and brain health.
- [Biotivia Transmax Resveratrol](#): Powerful antioxidant that also acts as an estrogen antagonist and helps block the conversion of testosterone into estrogen.
- [V-pure](#): This is a marine algae vegan source of DHA and EPA, which are the magic ingredients in fish oil.
- [Primordial Performances EndoAmp Max](#): One serving after workouts only. Each serving contains a whopping 800mg of phosphatidylserine, which helps lower

- excess cortisol levels. This really helps wind down high energy at the end of a long day, as well. It also contains 600mg of Alpha-glycerolphosphorylcholine, which amplifies growth hormone production.
- [Primordial Performances Toco8](#): This is a full spectrum Vitamin E supplement, containing a wide array of tocotrienols and tocopherols. Great for cardiovascular health, circulation, hair health, brain health, and liver health. It also helps support testosterone production by maintaining optimum pituitary and testicular function.
 - [Sun Warrior Ormus Greens](#): An organic high quality green drink loaded with vitamins, minerals, and probiotics.
 - [Udo's Choice Oil](#): This is a great EFA supplement with the optimal ratio of Omega 3-6-9. I take 1-tablespoon 4x per day. EFA's are critical for skin health, brain health, controlling inflammation, glandular health, and hormone optimization.

How much money do you spend on whole foods each week?

I spend around \$100-\$125 per week. I buy everything organic and never shortchange myself when it comes to food. I want the best stuff and will pay the price.

How much money do you spend on supplements (essential and performance) every month?

I pretty much sell everything I take, so my personal intake is more than subsidized. If you take everything I take at retail, it would probably come to around \$250 per month. My cost is about half of that.

Mike's Weekly Grocery List

- **Organic legumes** (7 cans total, in combinations of the following):
 - o Black beans
 - o Pinto beans
 - o Garbanzo beans
 - o Lentils
 - o Navy beans
 - o Kidney beans
 - o Lima beans
- **Organic frozen fruit** (10 bags total, in combinations of the following):
 - o Acai
 - o Blueberries
 - o Strawberries
 - o Raspberries

- Mangoes
- Papaya
- Cherries
- **Nuts:** Raw almonds, pistachios, walnuts, pecans
- **Seeds:** Hempseeds and flaxseeds
- **Vegetables:**
 - 2 bags of organic baby spinach
 - 1 big head of Broccoli
 - 1 big head of cauliflower
 - 1 bag of baby carrots
 - 5-6 large orange bell peppers
 - 6 Roma tomatoes
 - 2 containers of mushrooms
 - 5 baby bok choy
 - 5-6 yellow squash
 - 4 avocados
- 1 loaf of Ezekiel sprouted bread
- 1 bottle of [Bragg Olive oil](#) (this will last two months)
- 1 bottle of coconut oil (I use this with stir fry meals daily and it lasts around a month)
- **Spices:**
 - Ginger
 - Nutmeg
 - Cinnamon
 - Basil
 - Oregano
 - Garlic
 - Onion
 - Turmeric
 - Curry powder
 - Chili powder
 - Thyme
 - Cayenne
 - Cumin

Mike's Favorite Meals

Androgen Support Power Shake (breakfast)

- 2 scoops of [Sun Warrior Vanilla Rice Protein](#) (30 grams of protein)
- 3 stacks of celery
- 2 cups of frozen blueberries
- 1 tablespoon of lecithin

- 1 tablespoon of [Udo's Choice Oil](#)
- 1 teaspoon of ginger powder
- 1 teaspoon of cinnamon
- 1 teaspoon of Nutmeg
- 10 ounces of water

Blend the above ingredients for 30 seconds.

Supplements taken at the same time:

- [CoQ10](#) (100mg)
- [Udo's Choice DHA Caps](#) (2 caps for 500mg of DHA)
- [Nettle Root](#) (500mg)
- [B-100 cap](#)
- [Quadracarn](#) (4 tablets)

Supercharged Lentil And Veggie Mix

Steam the following for 30 minutes in a rice cooker:

- 1 cup of baby spinach
- 1/4 cup of fresh basil
- 1 cup of baby carrots
- 1 tomato
- 2 cups of cauliflower
- 2 cups of lentils

Add 1/4 teaspoon of the following spices: garlic, turmeric, oregano, and fennel seeds.

After the meal is cooked, add 2 tablespoons of hempseeds. The hempseeds and lentils combine well together for complete protein. Finally, add 1-2 tablespoons of [Udo's Choice Oil](#) to the mix, which is an exceptional source of essential fatty acids.

Supplements taken with meal:

- [Udo's Choice DHA Caps](#) (2 caps for 500mg of DHA)
- [Nettle Root](#) (2 caps)
- [B-100 cap](#)
- [Quadracarn](#) (3 caps)
- [R Lipoic Acid](#) (1 cap 200mg)

Black Beans and Pistachios

Steam the following for 30 minutes:

- 1 cup of fresh basil leaves
- 1 cup of red bell peppers
- 1 cup of yellow bell peppers
- 1 cup of broccoli
- 2 cups of black beans

Add ¼ teaspoon of the following spices: cumin, oregano, and ginger

After the meal is cooked, add ¼ cup of pistachios. The pistachios and black beans combine well together for complete protein. Finally, add 1-2 tablespoons of [Udo's Choice Oil](#) to the mix.

Garbanzo Beans And Pumpkin Seeds

Steam the following for 30 minutes:

- 1 cup of baby spinach
- 1 tomato
- 1 cup of yellow squash
- 1 cup of cauliflower
- 2 cups of garbanzo beans

Add ¼ teaspoon of the following spices: turmeric, basil, and rosemary

After the meal is cooked, add ¼ cup of pumpkin seeds. The pumpkin seeds and garbanzo beans combine well together for complete protein. Finally, add 1-2 tablespoons of [Udo's Choice Oil](#) to the mix.

Kidney Beans And Sliced Raw Almonds

Steam the following for 30 minutes:

- 1 tomato
- 1 cup yellow bell peppers
- 1 cup of broccoli
- 2 cups of kidney beans

Add ¼ teaspoon of the following spices: cumin, basil, and oregano.

After the meal is cooked, add ¼ cup of kidney beans. The raw almonds and kidney beans combine well together for complete protein. Finally, add 1-2 tablespoons of [Udo's Choice Oil](#) to the mix.

Quinoa And Hempseeds

Place 1 cup of quinoa and 2 tablespoons of hempseeds in a rice cooker. Add two cups of water and cook for 20 minutes. For enhanced flavor and nutrition, add in ¼ teaspoon of tumeric, basil, and oregano. After the meal has been cooked, add one tablespoon of olive oil or [Udo's Choice Oil](#). For more protein, add two tablespoons of hummus and stir it in.

Power Shakes

Blueberry Vanilla Pumpkin Pie

Great shake to have for breakfast or an hour after hard workouts.

- 1 scoop of [Pure Advantage vanilla pea protein isolate](#)
- 1 scoop of [Sun Warrior vanilla protein powder](#)
- 1 tablespoon of pumpkin pie spice
- 1 tablespoon of [Udo's Choice Oil](#)
- 8 oz of low sugar almond milk
- 8 oz of ginger tea
- 2 cups of blueberries
- 1 scoop of Foundation Formula vitamin/mineral powder

Place in a blender and blend for 30 seconds.

Coconut Power Shake

This is a great shake for anyone that wants to gain weight. It can also be used for serious fuel two hours before a tough workout.

- 2 Scoops of [Vanilla Rice Protein](#)
- 1 can of reduced calorie Coconut Milk
- 2 cups of frozen mangoes
- 10 ounces of water

Blend for thirty seconds and you are ready to go.

Nutrition Breakdown:

30 grams of protein

27 grams of fat

42 grams of carbohydrates

570 calories

Chocolate Peanut Butter Dessert Shake

This is a great treat for anyone on a reduced carbohydrate diet or for a healthy dessert alternative. I often have this after dinner for dessert.

- 2 Scoops of [Chocolate Rice Protein](#)
- 2 Tablespoons Of Peanut Butter
- 8 oz of Vanilla or Chocolate Almond Breeze Almond Milk (reduced calorie)
- 1 cup of ice

Blend for thirty seconds and you are ready to go.

Nutrition Breakdown:

40 grams of protein

19 grams of carbohydrates

20 grams of fat

416 calories

Vanilla Berry Blast Recovery Shake

This is a great workout to have after a tough workout.

- 2 scoops of [Vanilla Rice Protein](#)
- 2 cups of frozen blueberries
- 10 ounces of water

Nutrition Breakdown:

30 grams of protein

46 grams of carbohydrates

2 grams of fat

322 Calories

Workout Insurance Shake

This is great pre-workout shake to ensure that you have adequate fuel to power through a tough workout.

- 2 scoops of [Vanilla Rice Protein](#)
- 2 cups of frozen strawberries
- 1 tablespoon of [Udo's Choice Oil](#) with DHA
- 10 ounces of water

Nutrition Breakdown:

30 grams of protein 120

15 grams of fat 135

34 grams of Carbohydrates 136

391 Calories

Protein Bars

Most protein bars taste terrible and are loaded with sugar. Homemade protein bars are a great healthy alternative.

Vanilla Almond Protein Bar

- 2 scoops [Vanilla Rice Protein](#)
- 2 tablespoons almond butter
- 2 tablespoons ground flaxseed
- ¼ cup of water

Put all of the above ingredients in a bowl and stir with a spoon until you have a thick paste consistency. Divide in two and wrap each bar in tin foil. Place the bars in the fridge overnight. The next day you will have two delicious bars ready for breakfast or whenever you want a snack.

Nutrition Breakdown (1 bar)

26 grams of protein

15 grams of carbohydrates

23 grams of fat

371 calories

Chocolate Peanut Butter Protein Bar

- 2 scoops [Chocolate Rice Protein](#)

- 2 tablespoons peanut butter
- 2 tablespoons ground flaxseed
- ¼ cup of water

Put all of the above ingredients in a bowl and stir with a spoon until you have a thick paste consistency. Divide in two and wrap each bar in tin foil. Place the bars in the fridge overnight. The next day you will have two delicious bars ready for breakfast or whenever you want a snack.

Nutrition Breakdown (1 bar)

27 grams of protein

17 grams of carbohydrates

21 grams of fat

365 calories

Chocolate Pecan Bars

- 3 scoops of [Sun Warrior Chocolate Protein Powder](#)
- 1 tablespoon of cinnamon powder
- ¼ cup of pecans
- 2 tablespoons of flaxseed powder
- 2 tablespoons of raw almond butter
- 1 tablespoon of non-dairy/non-gluten brownie mix
- ½ cup of low sugar almond milk

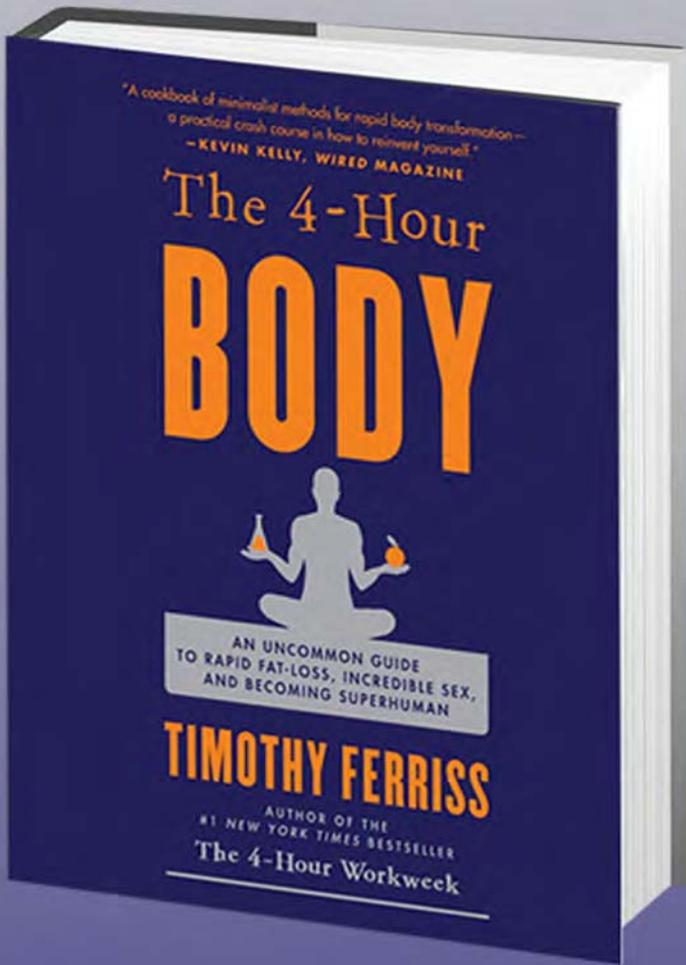
Stir it up into a thick paste. Break off into 6 parts and put it in the fridge for two hours. Then bake at 425 degrees Fahrenheit for 11 minutes.

Vanilla Pecan Protein Cookies

- 3 scoops of [Sun Warrior vanilla protein powder](#) (45 grams of protein)
- 3 tablespoons of sunflower seed butter (10.5 grams of protein)
- ¼ cup of pecans
- 1 tablespoon of cinnamon powder
- 1 teaspoon of stevia
- 1 teaspoon of agave syrup
- 3 tablespoons of flaxseed powder
- ¼-½ cup of low carb almond milk

Stir all of the above and start with ¼ cup of almond milk. If it is still chalky, add more. Once you get it into a thick paste-like material, break it into 7-8 pieces. Bake for 15 minutes at 425 degrees Fahrenheit and you are locked and loaded.

Tim Ferriss' New Book



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