



# 14 Hacks For Faster Fat Loss

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# Welcome

Hey There!

Burning fat isn't nearly as hard as the hype makes it out to be - yes... I said it! Now - I'm not saying it's a walk in the park (although that's a good first step ha), but it doesn't have to entail starving yourself, saying goodbye to social events, or spending hours on the treadmill just to get NOWHERE - literally.

There's a much simpler approach, and it starts with what you're doing right now - that's right you're already taking initiative to burn off that unwanted fat - so - hats off to you! It starts with education.

There are all sorts of crazy diets, "magic pills," and INSANE workout regimens out there that promise you that you'll burn loads of fat - and you just might. What they don't tell you is that these miserable and often unhealthy ways aren't sustainable in the long run.

So you essentially work your butt off for weeks just to look good for a few days before going back to square one. Thereafter, it's back down another rabbit hole.

Let's put an end to that right now. After all, what's the point of looking good when you feel sluggish and have zero fun in life, right?!

So I'm excited that you've taken the initiative to pick up this guide and have given me an opportunity to share a my personal 14 Fat Loss Hacks with you, so that you can achieve your dream physique while ENJOYING LIFE, FEELING AMAZING, and WAKING UP AS THE BEST YOU every morning!

Okay, okay - enough talking...you're probably as excited as I am to get started, so I'm just going to tell you one last thing before we dive right into my 14 Fat Loss Hacks, and that is: Thank you!

Thank you for supporting Basement Beast and Baddies. Thank you for trusting me to introduce you to/take you on this fitness journey. And, most of all, thank you for being you.

Cheers,



Fabian Petrino

# 14 Fat Loss Hacks:

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## FAT LOSS HACK 1:

### "Der Salat Öffnet Den Magen"

If you just tried to read that aloud, chances are that you scared everyone in the room and they're all staring at you like you're crazy now haha  
Yea, German is far from a romantic language...

"Der Salat öffnet den Magen" roughly translates to "salad opens the stomach" and is a phrase that my mom told me before every meal in my childhood. It sticks with me until this day, and I make sure that I start every meal with salad or vegetables.

The reason? You can probably guess - salad and veggies are good for you since they have fiber, vitamins, and so on....

But an even bigger reason: They fill up your stomach, so you start feeling "full" before you get to your main course, which most likely much more calorically dense than veggies and salad. See the trick here? Get full before the calories (just make sure you don't drench your salad in dressing or your veggies in butter for obvious reasons).

And - if you really wanna take it to the next level, make sure the salad and veggies are colorful and seasonal (more on that in the next hack)

## FAT LOSS HACK 2:

### Count Colors And Eat Seasonal

What do I mean by count colors and eat seasonal?  
Exactly what it sounds like.

When grocery shopping, preparing a meal, or eating out, make it a goal to create plates that are as colorful as possible - select everything from dark greens, bright yellows and reds to different shades of browns. The more colors your plate has, the more diverse the nutrient content of your plate is. Afterall, nutrients and minerals are what give food its color while fresh food will pop.

Ah yes - fresh...eat seasonal!

If it's not asparagus season, chances are that those little spears have traveled for hundreds of miles to reach your plate. Which means they were picked before they were fully ripe and sprayed with preservatives to make it to you. Meh, right?  
Instead, get whatever is in season in your area (local farmers markets and organic shops are a

great way to do this, while also supporting your local economy and small businesses).

The benefits?

Your food will be fresher, will taste better, and you'll be getting more nutrients, which will in turn help keep your "gut universe" (fancy way of saying your gut bacteria) in balance and, therefore, allow your metabolism to perform at its peak. Plus - it's fun and tasty!

## FAT LOSS HACK 3:

### Live Spicy!

If you've ever had spicy Thai food or too much hot sauce on your burrito, you probably experienced this first hand - chilli's ability to bump up the metabolism, get you sweating and get you..well..how do I say it politely...going number 2. haha Why?

Let me let the experts explain.

In the May 2017 issue of Bioscience Reports, Jia Zheng and his team found that:

*...the consumption of foods containing capsaicin was associated with a lower prevalence of obesity. In one double-blind, randomized, placebo-controlled trial, it indicated that treatment of overweight or obese subjects with 6 mg/day capsinoid for 12 weeks was associated with abdominal fat loss measured by dual energy X-ray absorptiometry. Body weight was decreased as 0.9 and 0.5 kg in the capsinoid and placebo groups respectively. Moreover, none of the patients developed any adverse events. Lejeune et al. aimed to investigate whether capsaicin assists weight maintenance by limiting weight regain after weight loss of 5% to 10%. The results showed that capsaicin treatment caused sustained fat oxidation during weight maintenance compared with placebo. Increase in the oxygen consumption (VO<sub>2</sub>) and body temperature reflecting increased energy expenditure, thus play critical role in weight loss. Fat oxidation was reported to be sustained together with elevation of the resting energy expenditure, and enhanced fat oxidation may contribute to increased energy expenditure. In another randomized double-blind study, it indicated that subjects between 30 and 65 years old with a BMI >23 kg/m<sup>2</sup> treated with capsinoid (10 mg/kg per day) for 4 weeks safely and body weight tended to decrease during the 2- to 4-week period, with increased VO<sub>2</sub>, resting energy expenditure, and fat oxidation significantly. Enhanced lipid oxidation and increased energy expenditure are potentially beneficial for weight management...*

(For more: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5426284/>)

Yes - that's a lot to take in, but in a nutshell, foods containing chili get your metabolism cranking and turn you into a fat burning machine.

So - don't be afraid to spice it up!

# FAT LOSS HACK 4:

## Get Your Probiotics in!

I told you about this thing called “gut universe” earlier and the importance of having a healthy gut universe.

Now let’s dive in a bit deeper because it’s crucial in your Fat Loss journey. Not only for fat loss, however, but for overall health. Without a healthy gut, your body cannot digest food properly, won’t absorb nutrients efficiently, and will, therefore, not perform at its peak...or anywhere near it. Probiotics are key to creating a healthy gut universe and a healthy you.

What are probiotics?

To answer that question, we first need to dive into what happens in your stomach. In a nutshell, your stomach is full of bacteria...“good” bacteria called gut microbiota. Think of gut microbiota as an army. Among other things, this army works hard to break down food so that your body can utilize the nutrients in it to do the awesome things that your body does. These “gut soldiers” don’t stop there, however, they also kill off “bad bacteria” that enter your stomach and, therefore, serve as a front line in preventing you from getting sick. The stronger this Army, the better your body performs as you’re getting all your nutrients and aren’t constantly fighting another “bug.” Probiotics are microorganisms that you can introduce into your diet to send “aid packages” or “reinforcements” to this gut army.

So:

Probiotics = healthier gut universe = better nutrient absorption = better feeling and looking you

Cool, right?

Now - as you can tell, I strongly believe in the importance of probiotics. But it’s not just me - my clients tell me every day how awesome they feel since introducing probiotics into their diets. That’s why we created my own high quality blend of probiotics...and then took it one step further and added all the micronutrients you need into a supplement called [BEAST GREENS](#).

## FAT LOSS HACK 5:

### Work your Jaw!

There's one other way you can help out your gut army - and that's by chewing your food, so they have to do less work breaking it down.

There's more to it than that, however.

Chewing food thoroughly increases "diet-induced thermogenesis" (I know...another mouthful... pun intended). Basically, it increases your body's metabolic rate, allowing your body to burn more calories and burn off more fat.

If you're like the average person, you're probably chewing between 12 and 15 times per mouthful. Turn that up to 40!

You'll not only skyrocket your body's metabolic rage and help your gut soldiers by giving it smaller pieces to break down, but you're gonna spend more time chewing - and less time going for seconds/ overeating.

Boom - that's 3 birds with one stone. Nice!

## FAT LOSS HACK 6:

### Enjoy A Healthy Crunch

I LOVE an afternoon crunch. As a matter of fact, I just got back from the store and grabbed my crunchy and sweet afternoon snack.

I usually get 1-2 of these sweet....juicy.....delicious.....and crunchy snacks a day.

Today, that was an apple. Okay, I know, you were expecting something much "sexier" after all that hype. Here's the thing - I honestly don't crave chocolate or any other sweet treat anymore.

I've "reprogrammed" my taste buds slowly (yes - it doesn't have to be overnight) by replacing processed and sugary snacks with healthy seasonal fruits. And I would never turn back, because I feel amazing eating healthy.

As a side effect, I'm now consuming roughly a hundred calories - along with a ton of fiber and vitamins - in the place of a 300 calorie candy bar, packed with processed sugars, artificial flavors, and unhealthy fats.

Alright - what if you're not the "sweet tooth" kind of person and, instead, love salty, crunchy snacks?



Have you ever tried cucumber slices with sea salt and a bit of chili powder sprinkled on top?

No?!?! Okay - try those tomorrow and tell me they don't compare - or beat - those chips you like (soon used to like).

## FAT LOSS HACK 7:

### Use An Air Fryer Or Grill

While we're on the subject of food, I want to tell you about my Air Fryer and Grill.

Okay - this isn't only a Fat Loss Hack, but also a taste improvement hack because, trust me, air fried or grilled chicken/ meat will blow pan seared versions out of the water - and there's way less dishes to clean up after!

If that's not already enough to convince you to make a switch, then take the fact that, on average, grilling reduces the fat content of meat by a third! Yes - for a six-ounce burger, that means you're saving about 20g, or 5 teaspoons worth of gooey and unhealthy fat.

So that's a third less fat going to your waist

## FAT LOSS HACK 8:

### Eat Fat

Okay - now I've gone crazy, right?

I just told you to go through the trouble of getting an air fryer or grill so that you cook the fat off your food, and now I'm telling you to eat fat?

I've lost it! I better get another apple! haha

Hear me out: fat isn't always bad..it depends on the kind of fat you consume and how much of it.

First, let's dive into why your body needs healthy fat and what crucial roles fat plays in your body, shall we:

1. Your body cannot generate new tissues (including muscle) without fat, as cell membranes are partially made up of fats.
2. Healthy nervous and immune system functions depend upon you consuming enough fat.
3. Vitamin absorption (Vitamins A, D, E, and K) is not possible without fat
4. HDL ("good" cholesterol), which is commonly found in Omega Fatty Acids is crucial for testosterone production and...with that...sex drive (now I have your attention again)

5. Fat helps you maintain your brain health and mental clarity....

....and the list goes on.

The takeaway? As fats allow your body to perform at its peak and help aid in testosterone production/hormone regulation, they are a necessary tool in the toolkit when it comes to burning fat.

The key is eating the right fat: monounsaturated fat. Monounsaturated fats can be found in Olive oil, nuts, avocados, etc.

You want to avoid saturated fat as much as possible – this includes fats from animal sources such as meat, cheese, milk, etc.

And you should absolutely stay away from trans fats, but don't worry...they're banned in the US as of 2018.

Now how much fat should you eat?

That's where the [BxB Calorie Calculator](#) can lend a helping hand

## FAT LOSS HACK 9:

### Drink More Water

We've talked about food, but what about water?

The more you drink – the easier it'll be for you to lose weight.

Now the science here is pretty simple: water has zero calories, so you can stuff yourself full of water and...that's right...will have consumed ZERO calories. Not only that, but did you know that, when you're thirsty, your body tricks you into thinking you're hungry? That's right, that afternoon hunger craving may just be dehydration.

But water is BORING!

I know.....I know. I think it's boring, too. That's why I usually squeeze some lemon, add a few mint leaves, or even some sliced up seasonal fruit into my water.

So "spruce up" your water and – instead of reaching for a snack when that afternoon hunger kicks in– get a cup, wait 5 minutes, and see if you're still hungry.

Don't stop there, however. Start every meal with a big glass of water and you'll notice instantly that your meals will get smaller – then start the meal with a salad and count colors/ eat seasonal – see how it all comes together here ;)

Cheers

# FAT LOSS HACK 10:

## Optimize your Testosterone Levels

Another German one for you here - word-for-word, it translates to "don't be someone that showers warm"....the actual meaning is to call someone a weakling, but we're going to go with the word-for-word translation here haha

So - don't shower warm?

Why?

The numerous health benefits of the "shock" from cold showers probably aren't new to you:  
strengthens the immune system  
improves circulation  
wakes you up and improves alertness...

...and once again, the list goes on.

I took a Wim Hof Method course in the summer of 2021, during which I learned that cold showers not only have positive effects on your health, per above, but help with fat loss! I know - I was surprised, too.

According to Wim Hof and his research, "in addition to increasing metabolic rate directly, [cold showers] stimulate the generation of brown fat. Brown fat is a specific type of fat tissue that in turn generates energy by burning calories."

So- yes - a cold shower in the morning will not only wake you and your immune system up, but will kick start your fat loss

# FAT LOSS HACK 11:

## “Sei Kein Warmduscher”

If you want to lose that belly fat, you have to eat chicken and broccoli 3x a day, sweat on a treadmill for 2 hours a day and pretty much hate every second of your life...

Yea - I call BS!haha

That's not sustainable, and, like I mention in my workouts, my nutrition guides, and this fat loss guide over and over, life's about balance.

I believe this is so crucial as a matter of fact, that I want to dedicate an entire section of this guide to it. Afterall, what is the point of a diet if you cannot fit it into your lifestyle? What is the point of losing 15lbs just to gain them back a few weeks later - after a severe burnout?

First and foremost, life is about enjoying the journey - sharing moments of bliss with the ones you love - being spontaneous - being passionate - and having a cookie (or three) once in a while.

Yes - I am the one you hired to get you in shape and I am telling you to enjoy your life! To find a balance between following your meal plan and running to the fridge at 2am to eat a pint of ice cream.

How?

Before I tell you that, let me backup a bit and tell you that I learned this key factor to fat loss the hard way.

After winning my “pro card” in bodybuilding and living my life as a sponsored athlete, I spent 4-5 years of my life competing, shooting, or doing appearances every other month. So I had to stay shredded. And, not knowing any better, I was that guy eating chicken and broccoli 3x a day, sweating on a treadmill 2 hours a day and being miserable.

I kept going, despite being unhappy, because it's how I paid my bills. Until I hit a wall; my body burned out. I had been mentally burned out for quite some time, but at this moment it shifted. It got to a point where I was so malnourished that I could not get out of bed in the morning...and this lasted a couple days until I went to the doctor and she told me to just eat a burger, fries and a milkshake.

I was hesitant, afterall, I didn't want to (nor could I afford to) lose my abs, but I listened and had a burger, fries, and, yes, even a milkshake. Almost instantly I started feeling better! I was baffled and kept it up. Once a week, I ate a cheat meal...and...here I am 4 years later. I still have a sick pack, and, more importantly, I'm healthy and happy.



Balance.

I still work hard (as you know by working out with me) and I still follow my diet 6 days a week. On the 7th day? F\*ck it...I have fun and indulge into whatever my body's craving. This has allowed me to maintain my look and create a healthy balance in my life.

I tell my clients to do the same. Some take it at face value and enjoy their weekly cheat meals. Others are hesitant because they want fast results and have previously been told that those entail suffering 24/7 for X amount of weeks. So far, I've been able to "convert" the few skeptics and they are, often for the first time in their lives, seeing drastic permanent results by incorporating cheat meals and living life in balance.

Now - of course, the same goes for the other side of the spectrum.

When first committing yourself to this journey, it may be difficult to grasp following a "strict" diet for 6 days straight. I understand, and I'm not suggesting that you take it from 0 to 100 overnight. Instead, take it one step at a time. Start by replacing one of your daily meals with a wholesome and healthy one. Then two of your meals, etc. Give yourself the time you need to transition - most of my clients take about a week.

Now - what if life comes along and "gets in the way" of your plans to stick with your diet?

When you're dieting with Basement Beast and Baddies, it doesn't get in the way. Our way of dieting works around your life, and not the other way around - we'll dive deeper into this in your Nutrition Blueprint.

To give you a quick breakdown of how I find balance when I'm traveling or it's a special foody occasion:

I'll have an extra cheat meal (or two) that week and don't beat myself up about it - I simply balance things out by eating less the next day, doing an extra high intensity workout and maybe even skipping my cheat meal the following week.

So - the takeaway from all this?

The key to PERMANENT fat loss is to focus on balance, stay positive, and enjoy the process. Work hard, play hard as they say.

# FAT LOSS HACK 12:

## Drink

While we're on the subject of balance...

No! You don't have to cut out alcohol to see results in your training and diet.

Let me back up a bit - like I mentioned, I believe that life is about balance. My goal is for you to have real and sustainable results and to enjoy life at its fullest.

Even I enjoy the occasional drink (or two) with friends.

Of course, if you have 3 beers every night or 10 shots of Tequila on a Friday, you're not going to see the best results, nor will you feel your best - the key is moderation.

Do your best to limit drinking to once a week and, when you do, try not to take it overboard.

To help you out, here are some ~100 calorie drink options that most bartenders can whip up with ease and that taste amazing:

Gin and soda or diet tonic

Tequila with lime juice and soda water

Vodka and soda or diet tonic

Rum and diet coke

Mojito with light syrup

Martini

Paloma

Light beer

White/red wine or rosé

Champagne

So - party on...responsibly

# FAT LOSS HACK 13:

## Go Extra Mile

You've probably seen this first hand:

the driver who waits far too long for a parking stall in the front row instead of taking one of the open stalls a few rows back.

Maybe - just maybe - you've been that driver haha - it's okay, I have, too.

So here's Fat Loss Hack 13 - don't be that driver and go the extra mile (or few meters to be more accurate).

Now the go the extra mile hack extends beyond the parking lot.

Are you going to take the stairs or the escalator next to it? I know we all want to take the escalator, but let's go the extra mile and take the stairs.

Going golfing with friends? Skip the golf cart and walk!

You get the idea...

Those few extra steps may not seem like much work, and they're not.

Did you know, however, that each 1,000 steps you take burn around 50 calories? So if you walk an extra mile a day, (roughly 2,000 steps) you're set to burn an extra 100 calories (or a third of a candy bar) a day!

And - why not take it one step further?

At the end of your day, instead of sitting down on the couch and flicking on the TV to "unwind," go for a 15 minute stroll around the neighborhood.

Not only is this going to help you burn a few more calories, but it'll allow you to reflect on the day, let your mind wander, and allow you to fall asleep faster and deeper. Setting you up to crush your next day!

# FAT LOSS HACK 14:

## Smile More

Did you know that 15 minutes of smiling can burn up to 40 calories!?!  
That means that two episodes of The Office burn almost 100 calories!! haha

Pretty impressive, right?

What's even more impressive is that smiling and laughing has numerous health benefits for you, as your body responds by naturally:

lowering stress and calming anxiety

increasing oxygen flow

improving your mood

reducing chronic pain

and the list goes on...

So smiling more is not only a fat loss hack, but a lifestyle MUST.

To help you out, here's a little joke:

My Boss hates when I shorten his name to Dick.

Especially because his name's Steve. haha

One More:

I walked into a pub with my wife. The Landlord said "Would you like a beer for your wife?"

I said: "That sounds like a fair swap"