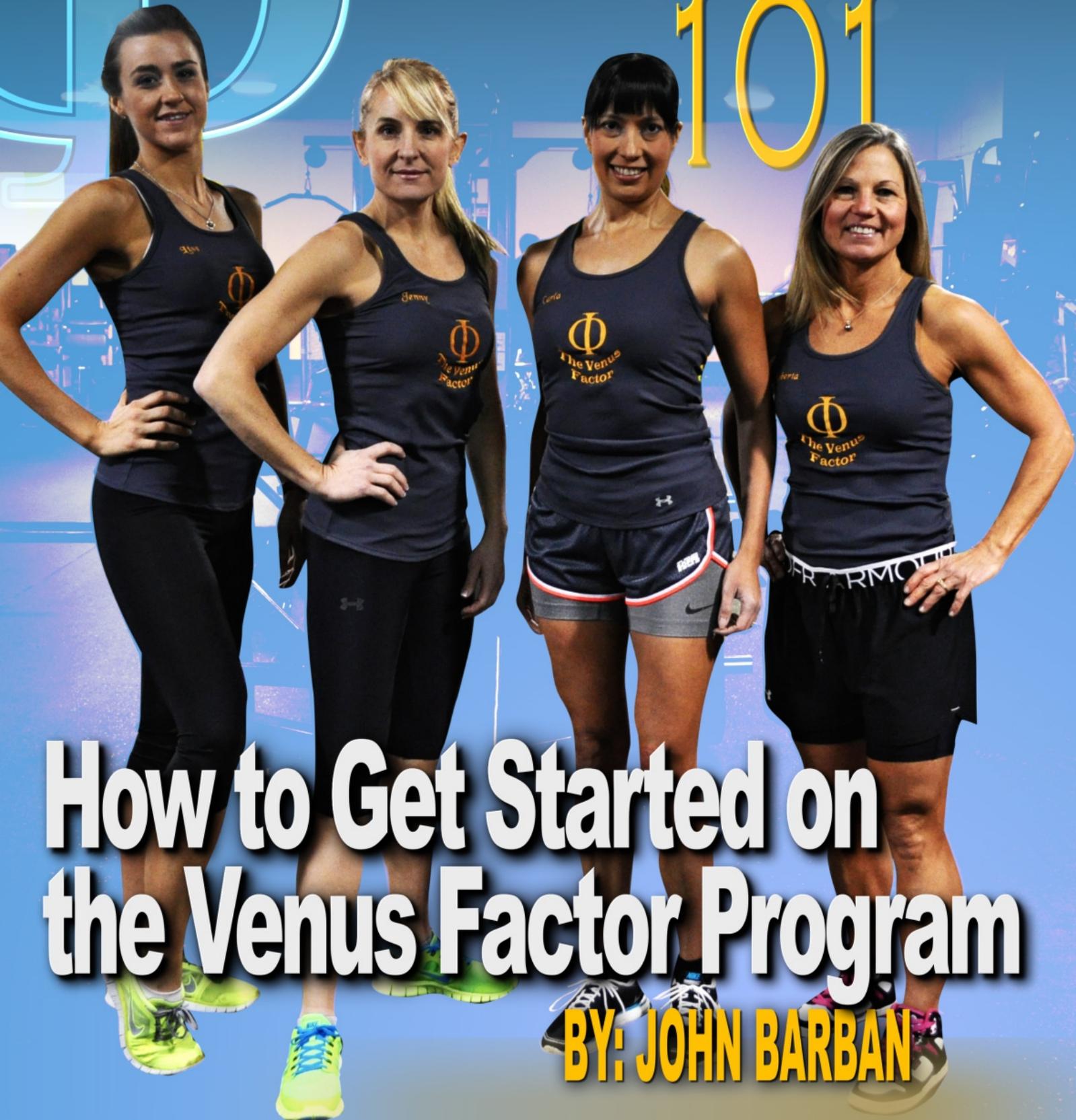


THE VENUS FACTOR 101



**How to Get Started on
the Venus Factor Program**

BY: JOHN BARBAN

Venus Factor 101

HOW TO GET STARTED ON THE VENUS FACTOR PROGRAM

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By reading this book, we make no guarantees on your results. We don't know you and don't know if you have the work ethic to get these types of results. Having a great body isn't easy, although the concepts are simple. In other words, if you don't DO anything, don't expect any results.

Table of Contents

Getting Started.....	4
Newsletters.....	5
Exercise Videos.....	6
The Venus Index community.....	7
Overview of the Forum Boards.....	8
The Venus Factor Workouts.....	9
The Venus Index Explained.....	9
Understanding the VFVN.....	10
Counting Calories.....	11
Keeping track of your metrics and VFVN calculations.....	11
Venus online articles and podcasts.....	12
Ask Nicola podcasts on emotional eating issues.....	12
Pictures and interviews with contest winners.....	13
The Venus Transformation Contests.....	14
Venus lifestyle articles.....	15
Other Venus products.....	15
What is Immersion?.....	16
The Venus Factor Fat Loss Question and Answer podcast.....	17
Other Venus Factor FAQ.....	18

GETTING STARTED

Hello! If you are new to the community, welcome! To start, here are a few tips:

1. Using the login and password you received in email go to <http://clients.venusindex.com/>. Go to “My Account” at the top of the forum menu and look in the “Active Resources” box. Click on the item you want to download or access. The first two files you need are The Venus Factor 12 Week Fat Loss Manual and The Venus Factor Workout.
2. Read the main Venus Factor 12 Week Fat Loss System manual. This seems self-explanatory but a lot of questions will be answered from reading it.
3. Watch the Venus Factor Virtual Nutritionist “How-To” video [HERE](#). This software is the core tool for how many calories and how much protein you should be targeting each week. Becoming familiar with using this calculator is essential to this program.
4. Take some time to browse the Venus Factor Workout. Click on each exercise link before your workout to view the form videos. Even if you're familiar with most exercises there may be a slight variation in our form advice or how we have named a specific exercise.

This should set you up with the basics. Good Luck! -John

The screenshot shows the Venus Index Cockpit website interface. At the top, there is a navigation bar with links for Forum, Blogs, What's New?, Videos, Downloads, Tracker, and My Account. Below this, a user is logged in as 'VaclavGregor' with options to Logout, Main Page, Shopping Cart, Payments History, and Edit Profile. The main content area is titled 'My Venus Account Information' and features a section for 'Active Resources' which is highlighted with a red box and a red arrow pointing to it. The 'Active Resources' list includes links for Venus Factor Final Phase, VI IXP (Phase 3), VI Circuits, VI Specializations, Venus Index Community, Venus Factor System, Venus Factor Cookbook, and Venus Factor Slim In Seven. To the right, there are sections for 'Useful Links' (Logout, Change Password/Edit Profile, Update Credit Card Info) and 'Newsletter Subscriptions' with a list of checked subscription options like Reverse Taper Diet Updates, VI Blog Notifications, and Venus Index Insider's Club Email Series.

Once downloaded, PDF files can be printed or accessed from your computer, tablet or smart phone.

NEWSLETTERS

If you keep scrolling down in My Account you will find a list of your active newsletter subscriptions. To receive helpful tips and updates, check the box next to the appropriate product. You can come back and change this whenever you like.

VENUS INDEX COCKPIT

Forum Blogs What's New? Videos Downloads Tracker My Account

Logged in as VaclavGregor. [Logout](#)

[Main Page](#) [Shopping Cart](#) [Payments History](#) [Edit Profile](#)

My Venus Account Information

Active Resources Check your newsletter subscriptions here

- [Venus Factor Final Phase](#)
- [VI IXP \(Phase 3\)](#)
- [VI Circuits](#)
- [VI Specializations](#)
- [Venus Index Community](#)
- [Venus Factor System](#)
- [Venus Factor Cookbook](#)
- [Venus Factor Slim In Seven](#)

Active Subscriptions

- Venus Index Community Access - Lifetime
- Venus Index Community Access (1 yr) - expires 01/11/14
- Venus Index Systems - Lifetime
- Venus Index Circuits - Lifetime
- Venus Index Circuits - Lifetime
- Covert Nutrition - Lifetime
- Venus Index Systems - Lifetime
- VI Specializations - Lifetime
- JV - Lifetime
- VI UNCENSORED Podcasts Season 1 - Lifetime
- IMMERSION Upgrade - Lifetime
- VI Workout Phase 2 - Lifetime
- Reverse Taper Diet (VI Edition) - Lifetime
- VI IXP Workout - Lifetime
- VI UNCENSORED Podcasts Season 2 - Lifetime
- Natural Standards Database - Lifetime
- Venus Factor System - expires 12/29/37
- The Venus Factor "Final Phase" - expires 12/29/37
- Venus Factor "Slim in Seven" - expires 12/28/37
- The Venus Factor Cookbook - expires 12/21/37

[Logout](#)
[Change Password/Edit Profile](#)
[Update Credit Card Info](#)

Newsletter Subscriptions

- Reverse Taper Diet Updates
- VI Blog Notifications
- VI Phase 2 Updates
- VI Phase 3 Updates
- venusimmersion
- VI Phase 1 Updates
- Venus Index Insider's Club Email Series
- VI Specializations Updates
- VI Circuits Updates
- vf_final_phase_updates
- vf_cookbook_updates
- vf_slim_in_seven_updates
- venus_factor_updates
- vfspecialbonuses

Unsubscribe from all e-mail messages

Unsubscribe from all e-mail messages

EXERCISE VIDEOS

Each exercise in the workout manuals is hyperlinked directly to its form video or you can access them from the Videos tab at the top of the forum.

Exercise	Sets	Reps	Rest (Secs)
Push Ups	3	10	60
Curtsy Lunge	3	10	60
Step Up and Press	3	10	60
Dips	3	10	60
Bowler Squat	3	10	60
Plank	3	60 seconds	60
One arm dumbbell row	3	10	60
T-Bend	3	10	60
Squat and Lateral Raise	3	10	60

Notes:

Forum Blog What's new **Videos** Downloads Tracker My Account

Logged in as Vaclav Gregor. Logout

Start Here Workouts Podcasts Nutrition Coaching Calls **How To Videos** Apps

Instructional Videos

- Alternate Dumbbell Press

VENUS INDEX COMMUNITY <http://community.venusindex.com/forum.php>

The “Forum” tab is your direct line to support and information. We have an online community like no other with a variety of topics. If you have a question, need advice, or just want to vent, this is where you go. You'll get more responses if you give some thought to which topic best fits your question or issue. Your well placed question or concern could have the key to success for another Venus down the road or for someone struggling now that is too afraid to ask for themselves. To quickly find a thread or post of interest anywhere on the bulletin board, click on the “Quick Search” link in the navigation bar at the top of most forum pages.

The screenshot shows the Venus Index Community forum interface. At the top, there is a navigation bar with tabs for Forum, Blogs, What's New?, Videos, Downloads, Tracker, and My Account. Below this is a secondary navigation bar with links for Forum Home, New Posts, Private Messages, FAQ, Calendar, Community, Forum Actions, and Quick Links. A search bar is located on the left, and a user profile section on the right shows the user's name (VaclavGregor) and links for My Profile, Settings, and Log Out. The main content area is divided into several sections: a yellow banner for downloading the mobile app, a welcome message, and a list of forum topics. A red box highlights the 'Introductions' topic, and another red box highlights the 'Forum topics' section. A third red box highlights the 'Blog Entries' section on the right, which contains several posts including 'GOLO, Day 3. Pounds down. Journey...', 'Sick with a cold', 'Weigh-in Wednesday Day 56', and 'Day 3 and already 2kg down, yeh!!!'. Red arrows point from text annotations to these specific elements.

Here's a [link](#) to the forum FAQ bulletin board that tells you everything about navigating the boards.

For Venus FAQs, click the gray FAQs button on the left or go to support.venusindex.com.

OVERVIEW OF THE FORUM BOARDS

Introductions: The first place to pop in and say, “Hi, I'm new.”

Venus Index Philosophy and Research: General mindset, strategies and tips

Weight Training and General Workouts: Form questions, modifications and anything exercise related

Podcast Requests: If you are an Immersion customer, you have all access to the podcasts. If there is a podcast you would like for the guys to consider, this is where your request goes.

Nutrition: General nutrition questions. Remember we have Venus specific nutrition boards for Phase 1, the VFVN, Final Phase and Eat Stop Eat.

Recipes: Everyone's low calorie favorites and tricks for working the calorie budget.

Supplements: Vitamins, appetite suppressants, etc. You don't have to have them, but if you are interested this is where we talk about them.

Contests: Contest dates, photo prep, and info about the contest tracker can be found here.

Events: Coaching calls, meetups, etc.

Venus Polls: Place for you to poll the Venus community.

Beauty and Fashion: Stretch marks, clothes swaps, fashion, etc.

General Off Topic, Shoot the Breeze: If it doesn't fit in any of the other boards, post your question here.

VI Blog and Advisory Board Feed: Once a week, a blog goes up on venusindex.com. When the new blog goes up, the link is posted here. You'll find links to all the old ones here and some random posts from some Brad, John and some of the other Venus crew. .

Blog entries: This is basically a live feed of individual blogs. When you make a new entry to your personal blog it goes here if you choose to make it public. Helping each other along the way, is what this section is all about. Many of our Venus veterans blogged throughout their entire journey, so if you are interested in some extra tips and advice you can visit their personal pages and scroll back through each and every blog. If there's any doubt in your mind about whether or not Venus works, go check out the blogs and see some of the changes Venus women are making in their lives.

THE VENUS FACTOR WORKOUTS

There are many ways to use the workouts. If you are new to weight lifting we recommend starting with 3 days. 3 days a week that you choose and that best fit your schedule. If you can't devote an entire hour, you can split up the workouts however you like to get them in. Fitting in the workouts shouldn't add stress to your day, so find a time that works for YOU. It'll be worth it.

If you are already experienced with weight training you can do them more often by moving into the next week of workouts. You can do all 3 days in a row if that fits your schedule best. Once you learn all the routines you can set them up according to your goals, conditioning, and lifestyle. You can mix in Venus circuits and specializations on your off days, or you can design a week with other workouts mixed in with your Venus schedule.

As you get to the more advanced programs (Final Phase, Phase 3, or the Advanced Strength Series) some of the workouts are longer and call for more days per week. Set them up how you want to; split them up, and do whatever you need to do to make them work for YOU.

No cardio is required. If you want to do cardio and you can fit it in, you can do it. Just be aware that a lot of high intensity cardio may affect your hunger. Through a little trial and error you can find what works best for you.

THE VENUS INDEX EXPLAINED

To use the Virtual Nutritionist calculator you will need your height, weight, waist and shoulder measurements. The Venus Factor program is designed using a unique set of body proportions that are based on your height. The Venus Index is based on the concept of the Golden Ratio, also called the Golden Proportion or the “Divine Proportion” and is based on three ratios:

1. Height-to-Waist Ratio
2. Waist-to-Hip Ratio
3. Waist-to-Shoulder Ratio

This is explained in the Venus Factor 12 Week Fat Loss System manual starting on page 169. How to take your measurements starts on page 177.

UNDERSTANDING THE VIRTUAL NUTRITIONIST

You can find more information about the Virtual Nutritionist on page 61 in the Venus Factor Fat Loss System. For Venus 101, we just want to expose you to a few things about calories. Let's look at an example. If the Virtual Nutritionist gives you 1000 calories for weight loss and 1600 for calories for maintenance, this means that you can eat any amount between 1000 and 1600 and still lose weight. The closer you are to 1600 the slower your weight loss will be.

I often get questions about the 1000 calorie recommendation being too low. This is the lowest number our software will give. You could theoretically eat lower than that if you choose to, but you might not enjoy it as much if you do! The calorie number the calculator gives you for weight loss is the LOWEST doable number that we think is safe and manageable (yes in many cases you could go 10-15% lower and it would be manageable for a few days...but only a few days!) this is why the protocol tells you to eat up at least once a week. It's not required to hit these numbers everyday. You can certainly go below deficit calories with this rule...do NOT go lower than deficit calories for longer than 3 days in a row. Experiment and find what works for you. If 1000 calories feels too hard you eat above that. As long as you're eating below the maintenance number the calculator gives you, you will be losing fat.

On some days you might feel great and hitting 1000 spot on comes easily. Other days you might need to eat up closer to 1200 or 1400. Know that if you have been used to eating 1800 calories a day or more that you will feel hungry and tired at first when you cut your calories down. That is normal, but it doesn't take your body long to adjust. Again, as long as you are below your maintenance calories you are still in a deficit and burning body fat.

Try to minimize the number of days that you go completely over your maintenance number, but expect that you will have unplanned days that you do. We all have these days so don't feel bad or feel like you have failed in some way. Just go right back to your plan. Remember having more forward days than backwards days is how you win this weight loss battle. It doesn't even matter how big those forward days are, as long as you have more of them!

COUNTING CALORIES

You do not have to count calories with Venus, but it is easier to evaluate your progress and find potential issues if you do. If you choose not to count calories try to eat smaller portions, especially of high calorie foods. If your weight goes down you know you are doing it correctly; if it doesn't you need to cut more. Your body is the best gauge. If you are losing weight over time then you are certainly eating at a calorie deficit. If you choose to count calories there are a variety of online websites with calculators. The most popular online counter used by women in the Venus online community is www.myfitnesspal.com, but there are others sites like sparkpeople.com and livestrong.

KEEPING TRACK OF YOUR METRICS AND VFVN CALCULATIONS

The VFVN is a calculator, not a database or tracker. It's up to you to decide how you want to track your progress. Some women have used a spreadsheet to keep up with their metrics and I'll include a picture of an example below. Many have found it helpful to take front, back, and side profile pictures for a more visual measurement of progress. Sometimes progress can be seen in pictures before the scale and tape measure show a change. It can be motivating to see these changes, especially when the metrics don't seem to be changing so I encourage you to snap photos of yourself often. Your body composition changes as you keep progressing even after you have reached your fat loss goal. You may be surprised that your body can look totally different at the same weight as you replace fat with muscle! This is referred to as recomposition or "recomp".

You can use this spreadsheet to save your data from the [VFVN](#).

Date							
Height							
Weight							
Shoulders							
Waist							
Hips							
Neck							
Bicep/Tricep							
Thighs							
Calves							
Suggested Daily Calories for Weight Loss							
Maintenance Calories							
Suggested Daily Protein Intake							
Daily bodyweight fluctuations							

VENUS ONLINE ARTICLES AND PODCASTS

In addition to the reading materials in My Account there is a running history of blog posts and podcasts here: <http://www.venusindex.com/podcast-archive/>.

Podcast Archive

Like Send You and 2 others like this.

Welcome back! If you haven't already, make sure to grab your copy of the [Venus Index Workout Systems](#) before you leave...

Welcome to our **All of the published podcasts and articles for each month are posted here.** interviews, podcasts and even the premium uncensored podcasts. There are basically two types of podcasts you will run into. First the premium uncensored podcasts. In those we will disclose what really goes on in the fitness industry, how certain marketers misuse research to trick you into buying things you don't really need and much more. Then there are your usual podcasts, which are interviews with the past contestants or just free coaching calls. They are really an evergreen content, so you can basically start at the bottom and work your way up to the top. And if you do it like this, you will learn all of the secrets and after few weeks will be able to keep up with the new posts again. Just download them to your iPad and listen to them while you are stuck in traffic or jogging.

Expand All

- July 2013 (6)
 - 11: Questions and Answers on the Venus Factor 12 week Fat Loss Program (0)
 - 10: What To Do About Injuries (0)
 - 08: This Is The Real Me; The Strong And Confident Me (1)
 - 05: Yet Another Every-Day Venus; Meet Carla (3)
 - 03: Ask Nicola; Are You Your Own Worst Self Critic? (0)
 - 01: Lacey Gained Her Pre-Pregnancy Confidence Back With The Venus Workout (2)
- June 2013 (8)
- May 2013 (10)
- April 2013 (6)
- March 2013 (10)
- February 2013 (8)
- January 2013 (7)
- December 2012 (6)
- November 2012 (2)
- October 2012 (5)
- September 2012 (7)

Email:

Sign Up!

We respect your privacy

Calculate Your Ideal Body

Step 1: Figure Out Your "Ideal Body"

Height: 5'5" (165 cm)

Waist: 28 in (71 cm)

Click Here To Continue

Select your current height and waist measurements to begin.

"Like" Us and Get Cool Stuff!

Find us on Facebook

Venus Index
Like You like this.

Venus Index
<http://www.venusindex.com/questions-and-answers-on-the-venus-factor-12-week-fat-loss-program/>

“ASK NICOLA” PODCASTS ON EMOTIONAL EATING ISSUES

We have some amazing podcasts with Dr. Nicola Bird regarding emotional eating and other enlightening topics:

Ask Nicola; [What is Self-Sabotage?](#)

Ask Nicola; [How do you deal with social pressure after you achieve fitness?](#)

Ask Nicola; [Trusting your new self.](#)

Ask Nicola; [Are you your own worst self-critic?](#)

Ask Nicola; [Perfectionist mindset.](#)

Ask Nicola; [Identify emotional eating.](#)

PICTURES AND INTERVIEWS WITH CONTEST WINNERS

Below are links to pictures and interviews with some of our previous Venus contests winners. Many spent years trying out various fad diets or workouts, and did hours of endless cardio only to become frustrated with their lack of results. It wasn't until they found a program that allowed them to eat according to their likes and needs that they found success. Finding the correct amount of calories (calories that were tailored for their size and gender) led many of them to getting rid of the fat they had been trying to lose for so long. You'll see that they've been able to maintain those losses too because they made the Venus Factor system fit into THEIR life and the foods THEY like.

- **Interview with [Lara](#):** Anyone who gets fit can have professional photos done and see that they are as good as magazine models.
- **Interview with [Molly](#):** Molly found that what other people did didn't work for her. As soon as she stopped counting calories and stopped weighing herself on the scale she was able to keep herself focused on the day to day work that needed to get done in order for her to have success.
- **Interview with [Brooke](#):** Brooke had been dieting and rebounding since she was 13 years old. She found that the Venus program was the only sustainable program she ever tried.
- **Interview with [Suze](#):** Suze tells about how she lost 100 pounds.
- **Interview with [Sheila](#):** Sheila wished she would have learned about calories sooner and hadn't spent so many years worried about the "starvation mode" myth.
- **Interview with [Roberta](#):** Just because you are an overweight female in mid-life does not mean you have to give up on your fitness goals.
- **Interview with [Carla](#):** Carla learned that even though she was active with outdoor sports and long distance endurance, it did not give her the shape she wanted. She found what worked was a well-balanced, all body workout, designed to sculpt a female shape, like the Venus Factor.
- **Interview with [Kiya](#):** Kiya spent a lot of time researching the 1200 calorie myth and found there was no scientific backing. Once she realized how small she really was she learned to eat the correct amount of calories to help her lose weight.
- **Interview with [Jenny](#):** Shifting the focus from cardio to calories was the key for her.
- **Interview with [Liss](#):** Liss had been a yo-yo dieter, but lost the weight for good with Venus.

THE VENUS TRANSFORMATION CONTESTS

You can read more about the Venus Transformation contests here:

<http://www.venusindex.com/transformation-contest/>

What Is the Venus Index Transformation Contest? (Scroll Down for Pictures)

Three times a year we hold a transformation and open contest and anyone who follows the Venus Index system can participate.

Some basic info:

- You can compete in a contest that depends on the category you want to compete in
- If you want to win you have to make the biggest transformation, build the most proportioned physique and have the best pictures. The more weight or height, better your VI score the higher are your chance of winning
- In order to participate you have to have the **Venus Index systems** and be serious about this
- If you will look really good and take great pictures we will also feature you on some of our programs or on the VI calendar for the year 2013, how's that for motivation?

Why would you participate in the contest?

Well, not only you will have the best pictures of yourself for the rest of your life, but you will get into an amazing shape and get a chance to win 500 bucks and some clothes for your new physique, so what are you waiting for?

Update: Next contest starts in January 2013.

Check Out the Previous Contests

- Venus Index Contest No.1
- Venus Index Contest No.2
- Venus Index Contest No.3
- Venus Index Contest No.4
- Venus Index Contest No.5 (12 Week)
- Venus Index Contest No.5 (20 Week)
- Venus Index Contest No.6

VENUS LIFESTYLE ARTICLES

Here are a few articles on diet and weight loss:

Successful weight loss; [there are no shortcuts.](#)

Learn how [to cook for better success](#) with weight loss.

Here are some articles on the Venus Mindset:

- [Your goal, your choice.](#)
- [Ten thousand ways that won't work.](#)
- [Stop wasting your time; how women shortchange themselves at the gym.](#)
- [Your fitness goals in the new year; how bad do you want it?](#)
- [The creation of a Masterpiece: The Venus.](#)
- [En route train stop; The Venus transformation contest.](#)
- [Seeing myself through other people's eyes.](#)
- [Yet another every day Venus; Meet Carla.](#)

OTHER VENUS PRODUCTS

To find out about other products and workouts we offer go to products.venusindex.com.

Note: We reserve the right to change the price anytime in the future without giving any public statement.

WHAT IS IMMERSION?

If you are interested in ALL things Venus, check into Immersion. It is our all access membership.

Immersion

Immersion is our flagship product for increasing your results

What is Immersion? Why is it so AWESOME?



JOHN BARBAN
SUPPLEMENT EXPERT

Here's what you get:

1. **Personal attention from John Barban** himself (our supplement insider and training expert who has decades of experience), who will help you solve your individual problems that might be holding you from achieving the ideal physique
2. Mobile apps and other cool software that will keep you connected with us and make your life and all the fitness stuff easier
3. Specialty workouts that are build for your individual goals
4. Video lessons to help you learn advanced technique and perfect form
5. Premium Access to the Paid Supplement Database from Renowned Natural Standard - These will come handy whenever you will want to learn the truth about any ingredient or supplement. You should always check before taking new supplements (may not be worth it), and once you get access to immersion, first thing you should do is to check the supplements you are taking right now, you might throw them out after reading the science on them
6. Instant access into the elite areas of the **Venus Index Community**
7. **Over 100 Premium UNCENSORED Podcasts** (access to past, present and future seasons as well) - This is what we are famous for (apart from our ridiculously amazing transformation pictures). We bring the brightest minds together and discuss the latest supplements and science findings (we don't read articles from journalists, we prefer to go right to the original source - the people doing the research). Most of the most popular podcasts are 100% uncensored and feature the best of the best in the industry.

Along with the workouts you get coaching from John Barban, Uncensored Podcasts by Brad Pilon and John Barban, the Covert nutrition bundle, additional workouts, and access to the Natural Standards Supplement Database, and much more. You will be a life time member and get any new products or updates on any of the existing products for life.

“Most of us who have been quite successful with this program for life are Immersion customers. It’s a tough call to make, but all of us who are “all in” will agree it is the best investment we have made for ourselves and our life long health and happiness.”

Wishing you the best in achieving your health and fitness dreams,

[-Roberta Saum](#)

THE VENUS FACTOR FAT LOSS QUESTION AND ANSWER PODCAST

Here is a link to an audio podcast where John answers questions about the **Venus Factor 12 Week Fat Loss System**:

<http://www.venusindex.com/questions-and-answers-on-the-venus-factor-12-week-fat-loss-program/>

OTHER VENUS FACTOR FAQ

I am used to old school bodybuilding so the eating protocol scares me. Won't I lose muscle?

No, this is a myth. You only need to worry about this if your body fat gets extremely low and in that case the VFVN will have already increased your calorie needs.

I have a shoulder injury; can I start out with small 3 pound weights?

You can still workout. Use pain as your indicator and work with your doctor or physical therapist.

The program tells me how much protein to eat. How much fat and carbs am I supposed to eat for my calorie intake?

You can use the Venus Factor program with any eating style i.e. vegetarian, intermittent fasting, 16-8 approach etc. The one thing we would recommend is that you follow the Venus factor 12 week protocol for 'eat up' days regardless of what other diet philosophies you are incorporating into your plan.

We all have unique nutritional needs. Most people find when they track food in one of the various online calorie counting tools that as they eat protein, produce, grains, and other foods according to their calorie needs that all the macros will come out fairly balanced. It does not have to be perfect, just fairly balanced over a week or so.

Where can I find more information on the style of fasting you recommend?

You will likely find that many past successful Venus transformations included a specific style of flexible intermittent fasting written by Brad Pilon. His program is called "Eat Stop Eat" - commonly referred to in the forum as "ESE" for short. It's the best resource for all things to do with intermittent fasting and the metabolism of fat loss. I highly recommend it as essential learning and a invaluable tool in this weight loss process. You can find it here: [Eat Stop Eat](#)