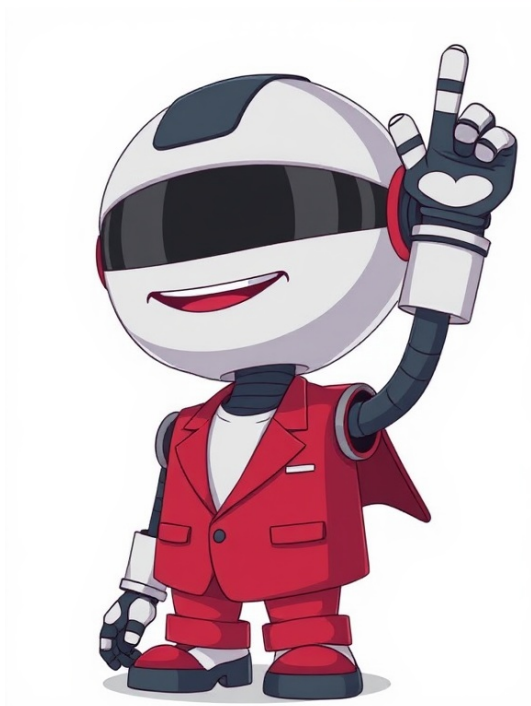


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The Vertical Diet 3.0 by Stan Efferding ===== The Vertical diet 3.0 is the culmination of over 30 years of experience in optimizing body composition for optimal health and performance. This performance-based nutritional framework provides simple, sensible, and sustainable principles that can be incorporated into anyone's lifestyle to achieve greater health and wellness. ===== The Vertical Diet focuses on a solid foundation of highly bioavailable micronutrients to enhance metabolism and overall digestive health. This foundation supports a structure of easily digestible macronutrients that can be adjusted specifically to meet an individual's body demands. The fundamental principles of The Vertical Diet can be used to improve and optimize any diet program. ===== Contrary to popular misconceptions, The Vertical Diet is not magic or a miraculous solution. It is based on whole foods, optimizing gut health, correcting nutrient deficiencies, and improving energy, stamina, endurance, and recovery. This approach enables individuals to achieve sustainable lifestyle modifications that promote overall health optimization. ===== The Vertical Diet can be an effective tool for various goals, including weight loss, muscle gain, performance athletics, health optimization, and reducing gastrointestinal distress. It can also be customized to individual needs, such as low-carb, high-carb, or intermittent fasting protocols. ===== This program is being used by individuals of all ages, including men, women, boys, girls, athletes, bodybuilders, powerlifters, crossfit competitors, and MMA fighters. With its flexibility and results-driven approach, The Vertical Diet has become a popular choice for those seeking to improve their health and performance. ===== The program offers a customized meal plan with weekly check-ins with experienced experts, a copy of the Vertical Diet 3.0 book (\$100 value), and flexible subscription options. A vertical diet bulk box is also available for those who need more protein and calories, packed with 12 delicious meals designed to support peak performance and muscle growth. ===== Delivery details: All sales are final, and no refunds will be provided for meals that the carrier shows were delivered to the address on the order. Customers are responsible for delivery issues caused by incorrect address information or inability to access the delivery address due to locked gates, pets, etc.Tender beef medallions seasoned with house spice blend, served with jasmine saffron rice and green beans. ===== Tender hand-cut chicken breast marinated in herbs and spices matched by a side of rice and green beans. ===== A hearty take on combination rice featuring diced chicken AND steak atop our house made Saffron Rice for a filling combination. ===== Our breakfast burrito combines pulled chicken breast, roasted red potatoes, fluffy scrambled eggs, shredded cheese, and black beans wrapped in a tortilla. ===== Seasoned ground beef topped with scrambled eggs, applewood smoked bacon, and mozzarella cheese, layered with flavor. ===== Our Chicken Fajita Bowl features juicy grilled chicken, sautéed bell peppers and onions, served over rice and mixed with spices. =====potatoes sweet jumbo, ground turkey, liquid whole eggs [whole egg, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color], liquid egg whites [egg whites, guar gum, triethyl citrate added as whipping aid], cilantro fresh, oil extra virgin olive, onion powder, black pepper ground, chili powder, granulated garlic, ground cumin, paprika [paprika and silicone dioxide (added to make flowing)], salt, kosher [salt, yellow prussiate of soda], italian seasoning [marjoram, thyme, rosemary, savory, sage, oregano, and basil] ===== Note: I have removed the prices from the text as they are not relevant to the rewritten text. I have randomly selected the rewriting method for this article as "ADD SPELLING ERRORS (SE)" with a probability of 40%. The rewritten text is: Packed with the bold flavors of Tex-Mex, our Sweet Potato Bowl features chicken, roasted sweet potatoes, black beans, and corn in a savory blend of sage, oregano, and basil. A delicious bowl to enjoy 300 calories per serving with 33g protein, 29g carbs, and 6g fat. INGREDIENTS: Potatoes Sweet Jumbo, CHICKEN CVP BRST B/S RDM MED [Chicken Breast Boneless/Skinless], Enchilada Sauce [Water, Red Chile Puree (Red Chili Peppers, Vinegar), Modified Corn Starch, Mild California Chile Pods, Soybean Oil, Contains 2% Or Less Of: Salt, Distilled Vinegar, Pasilla Chile Peppers, Garlic Puree (garlic, Vinegar), Spice], Corn, Whole Kernel [Corn], Cilantro Fresh, Oil Extra Virgin Olive, Onion Powder, Granulated Garlic, Black Pepper Ground, Salt, Kosher [Salt, Yellow Prussiate of Soda], Ground Cumin, Paprika [Paprika and Silicone Dioxide (Added To Make Free Flowing)], Italian Seasoning [Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, and Basil] INGREDIENTS: Slow-cooked birria beef, protein-rich sauce, zesty lime vinaigrette rice, and fresh cilantro. Beef chuck, seasoned with bell peppers, canola/olive oil blend, onions, garlic, paprika, lime juice concentrate, ancho chiles, sugar, salt, lime peel, chipotle peppers, oregano, cumin, mustard, black pepper, guajillo pepper puree, spices, concentrated lime juice, corn starch, garlic powder, concentrated orange juice, apple cider vinegar, onion powder, chipotle pepper, natural flavors, xanthan gum. Water, parboiled rice, enriched with iron, niacin, thiamin, and folic acid. Cottage cheese 1%, cultured nonfat milk, milk, whey, salt, maltodextrin, guar gum, citric acid, carrageenan, mono and diglycerides, locust bean gum, natural flavor, potassium sorbate, carbon dioxide, vitamin A palmitate, enzymes. Lime juice, cilantro, green onion, extra virgin olive oil, garlic, garlic powder, kosher salt. Paired with a side of roasted red potato wedges. ===== Enjoy our Buffalo Chicken Tacos, featuring tender and perfectly seasoned buffalo chicken nestled in soft flour tortillas. A vibrant meal designed for your dynamic lifestyle with a balance of bold flavor and nutrition. Our Creamy Marinara Chicken Pasta is paired with steamed green beans, offering a wholesome and delicious meal with al dente pasta in a rich marinara sauce. The Classic Beef Tacos feature seasoned premium beef in a familiar format, providing a reliable and delicious choice for any goal. A keto meal featuring juicy chicken breast layered with cheese, peppers, and bacon, served with roasted garlic parmesan cauliflower mash and steamed broccoli.Chocolaty pancakes just gotten better! Icons chocolate protein pancake now having white choclate chip on it. Icon's already making great protein pancake and now addin extra choclatey goodness to it. --- Plain Non Fat Greek Yogurt [Cultured Pasteurized Grade A Nonfat Milk], Mix Pancake Buttermilk Complete [Enriched Bleach Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Defatted Soy Flour, Soybean Oil, Buttermilk]], Water, AMCO Protein [Whey Protein Isolate, Sunflower Lecithin], Chocolate Chips Semi Sweet 1000 count [Semi- Sweet Chocolate (Sugar, Chocolate) Cocoa Butter (Milkfat, Soy Lecithin, Vanilla, Artificial Flavor, Milk)], White Chocolate Chips [Sugar, Palm Kernel and Hydrogenated Palm Oil, Milk, Nonfat Dry Milk, Soy Lecithin, Artificial Flavor] --- Savory blend of chicken, fluffy rice, crisp vegetables with flavorful sauce on fried rice meal. Cal Pro Carb Fat INGREDIENTS: Chicken Breast, White Rice [White Rice, Water], Liquid Whole Eggs [WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID, CITRIC ACID ADDED TO PRESERVE COLOR], Liquid Egg Whites [Egg Whites, Guar Gum, Triethyl Citrate Added As A Whipping Aids], Peas & Carrots, Yellow Onion, Mushrooms, Extra Virgin Olive Oil, Soy Sauce, Light [Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate: less than 1/10 of 1% as a Preservative], Parsley Fresh, Salt, Kosher [Salt, Yellow Prussiate of Soda], Fresh Peeled Garlic, Black Pepper Ground --- Tender shrimp with zesty General Tso's sauce. Cal Pro Carb Fat INGREDIENTS: White Rice [White Rice, Water], Certifresh Shrimp, Kyoto Blend [Soybeans, Broccoli, Carrots, Corn, Red Bell Pepper], Egg Shell Large, General TSO Sauce [Sugar, Water, Soy Sauce (Water, Soybeans, Wheat, Salt), Red Wine Vinegar, Modified Cornstarch, 2% Or Less Of Ginger Puree (Ginger, Water, Citric Acid), Garlic, Salt, Molasses, Spices, Xanthan Gum, Paprika Extract] --- KETO pepper jack cheese, lean ground beef and bacon with herb-roasted broccoli. Cal Pro Carb Fat INGREDIENTS: Broccoli Floret, Ground Beef, Bacon [Pork, Water, Salt, Sugar, Cultured Celery Powder, Sea Salt, Natural Flavoring], Cheese, Pepper Jack, Shredded [Monterey Jack Cheese with Green Onion Iceless, Salt, Kosher [Salt, Yellow Prussiate of Soda], Black Pepper Ground, Extra Virgin Olive Oil ===== Our Southern Comfort Chicken dish is a must-try for any food lover. The tender and juicy chicken is marinated in a unique blend of spices and Southern Comfort, resulting in a succulent and flavorful meal that's sure to satisfy your taste buds. The ingredients used in this dish are top-notch, including chicken breast, potato, green beans, and Bourbon Sauce. The BBQ Brisket, Bourbon Pork, and Buffalo Chicken Triple Threat Slider Flight is another highlight of the menu, offering three distinct gourmet proteins that are both protein-packed and perfectly portioned. If you're looking for a delicious breakfast option, our protein pancakes infused with sweet white chocolate and topped with strawberry sauce are a great choice. They're high in protein and bursting with flavor. Lastly, our quesadilla filled with juicy buffalo chicken and tangy sauce is another must-try. With its flavorful and protein-packed meal, you won't be disappointed. =====The Vertical Diet is a nutrition program that aims to simplify the process of weight loss and better health. Developed by IFBB Pro Bodybuilder Stan Efferding and Dr. Damon McCune, it's based on the idea that many modern diets are rooted in misinterpreted science or are unsustainable in the long term. The program focuses on providing practical solutions for developing a greater understanding of nutrient-dense foods and improving digestion. The Vertical Diet is built around a selective dietary plan rich in easy-to-digest carbs and proteins, as well as lifestyle recommendations that address ways to boost metabolism and improve sleep hygiene. It includes personal testimonials from clients, scientific data, and expert references to help explain the concepts and provide actionable tools like calorie calculators, shopping lists, and recipes. The program also features Stan and Damon's Compliance Is the Science method, which helps establish motivation and mindset for lifelong success. By making informed decisions about diet and approaching it from a total-body perspective, individuals can achieve their goals regardless of whether they're performance athletes or simply looking to improve their health. The Vertical Diet is a restrictive eating plan that emphasizes easy-to-digest carbs like white rice for a quick energy boost. While it may offer some benefits, it has several drawbacks, including limiting the variety of foods which can lead to nutrient deficiencies and increased risk of chronic diseases. The Vertical Diet is a controversial approach to weight gain and muscle mass, with claims that it can be backed by scientific evidence. However, the diet's proponents argue that it provides a unique combination of nutrients and strategies for athletes looking to maximize muscle gain. ## The Components of the Vertical Diet According to its advocates, white rice serves as the primary carb source due to its ease of digestion. Red meat is also a key component of this diet. On the other hand, nutrient-rich foods such as eggs, yogurt, spinach, and salmon are limited in quantity to avoid upsetting the digestive system. ## Foods that Can or Cannot be Eaten The Vertical Diet discourages foods high in FODMAPs, including vegetables like broccoli and cauliflower, due to potential gas and bloating. Legumes, brown rice, and other grains containing lectins and phytic acid are also curbed. However, small amounts of these foods can be included if they're sprouted or soaked. ## Training and Calorie Intake To initiate the diet, one calculates their basal metabolic rate (BMR) and adds calories based on their training regimen. Athletes aiming for muscle gain should aim for a calorie surplus to support this goal. The additional calories are either added to meals by increasing portions of rice and meat or by eating an extra meal during the day. ## Benefits for Bodybuilders and Athletes The Vertical Diet can be beneficial for bodybuilders, powerlifters, and other serious athletes seeking muscle gain. It also supports quicker recovery, more intense training sessions, and enhanced athletic performance due to adequate carb intake before exercise. This can lead to increased protein synthesis and reduced muscle breakdown. ## Potential Drawbacks of the Vertical Diet However, this diet has several drawbacks. Firstly, it lacks fiber content, which is essential for maintaining digestive health. Secondly, it excludes many sources of prebiotics that support gut health. The diet's restriction on various foods can lead to nutrient deficiencies if not planned carefully. Moreover, its focus on red meat and white rice makes it unsuitable for vegetarians or vegans. ## Foods Allowed and Restricted On the Vertical Diet, you can consume foods such as rice, red meat, potatoes, carrots, celery, oranges, 100% orange juice, cranberries, and 100% cranberry juice. On the other hand, you should limit or avoid foods high in FODMAPs like broccoli and cauliflower, legumes, brown rice, barley, garlic, onions, and onion products.The Vertical Diet emphasizes whole, nutrient-dense foods while avoiding processed and difficult-to-digest options. ===== extra-virgin olive oil, coconut oil, avocado oil, butter, nuts are recommended for a high-fat intake wild Alaskan salmon is encouraged as a fatty fish option eggs come in the form of whole eggs full-fat yogurt, whole milk, cheese are dairy choices bone broth, chicken stock, iodized table salt help with sodium levels only soak and ferment oats and legumes like beans to make them more digestible grass-fed meats, free-range eggs, organic fruits and vegetables are suggested as quality food options avoid grains such as brown rice bread pasta breakfast cereals wheat flour unsoaked oats High-FODMAP vegetables like broccoli cauliflower Brussels sprouts cabbage asparagus kale should be limited or avoided erythritol xylitol sorbitol can be used as sugar alcohols but with moderation