

INTRODUCING THE 2 DAY CORE

Inspired by Joel Greene and his Immunity Code book the basic idea of the 2 day core is we have a 2 day pattern which we repeat 3 times a week for a total of 6 days, the 7th day is more of a freestyle day where you can eat whatever you want as long as you remain within the principles of the program.

Day 1 - Fibre Day: Guidelines

When to do it?

I generally do Day 1 on Mondays, Wednesdays and Fridays this is because I tend to go out on a Friday night, if you are more a Saturday night kind of guy or gal I would recommend switching it so that one of your Day 1's falls on a Saturday. This makes offsetting for the inevitable higher intake on that evening easier.

Meal Sizes

Unless I have specifically told to watch portion size we don't really care about the amount of food you eat, as long as you are eating the right foods, but in relation to each other try to size your meals according to these guidelines on Day 1:

- 25-30% of total calories at Breakfast
- 25-30% of total calories at Lunch
- 20-25% of Total calories at Dinner
- Rest through pre meal snacks

If you know you're going out one evening and will be eating out then shift your intake to take a lot less calories for breakfast and lunch so you have more 'spare' for the evening.

Each meal is based on an "**Anchor Meal.**" This is the gold standard for that meal. However remember variety and balance in the diet is highly important, so is a wide range of flavours and maintaining the desire to eat. So we include a huge amount of variations within each meal so you have room to freestyle.

Eat What The Hell You Want

All meals can be totally ignored at some times (I generally right this below as a %) and you can eat whatever the hell you want, some meals are better served for this than others and we have generally tried to make dinner the most flexible of all the meals in this way as this is the tie most people are eating out.

Be aware the more you do eat whatever the hell you want the slower your progress will be however this plan is designed to work in the real world so if one night you fancy pizza, go for it, we'll be undoing all the negative effects with the meals before and after anyway.

Intuitive Eating

Humans are naturally able to determine which foods they need in any one moment. We all know when you've been pigeon gout on a certain food you reach a pint where you just can't to look at it anymore. This is because the body has a complicated system to low which nutrients it is missing and guide your desires towards those foods.

So when following this plan if you really fancy something go for it.

Ok so lets get in to the plan itself:

BREAKFAST

MONDAY BREAKFAST - Anchor Meal: Dark fruits with a small amount of fat

200-500g: Blackberries, raspberries, blueberries, dark grapes, black currants, mulberries
(yup, thats a lot of fruit!)

25g: Walnuts, almonds, macadamia,.

If you are going to get one thing right this week get this right, this really sets you upper the week and is designed to do a lot of things under the hood, such as up regulate commensal bacteria, reduce cortisol and increase satiety.

Aim to get this spot on (ie the Anchor Meal above) 80% of the time. For the other 20% you can freestyle by replacing the dark berries with:

Pomegranate seeds, cranberry juice, strawberries, açai, bilberry.

You can replace the nuts with:

Pecans, hazelnuts, almonds, an egg, yogurt, cheese

Try to ensure you do not eat whatever the hell you want for this meal as it is the foundational meal for the week.

WEDNESDAY BREAKFAST - Anchor Meal: Dark fruits with a small amount of fat and protein/resistant starch.

The idea here is to induce stomach distension, satiety and really reset your leptin levels. You should be FULL after eating this breakfast.

So we are following the same basic plan as the Monday breakfast with all the same replacements but are adding in some protein. We also have more scope for variation here and can really start packing in some variety.

So we can replace the fruit with:

Citrus fruit

Banana

We can replace the nuts with any ting form Mondays ideas.

And we can add in protein/resistant starch in the form of:

2 scoops whey protein

Chicken

Steak

Oats (porridge)

Sourdough bread

Ezekiel bread

Egg whites

Honey

Or we can replace the fats and protein with:

Salmon
Fatty steak
Bacon

Try to hit the Anchor Meal for this one about 50% of the time, for the rest of the time feel free to use the replacements above as much as you like, but remember we are aiming for variety so don't just pick one thing you like and eat it for ever...mix it up.

Aim to get one right about 65% of the time, the rest of the time you could eat whatever you like, fancy a slice of pizza for breakfast every now and again...go for it.

FRIDAY BREAKFAST - Anchor Meal: Digestive fruits with a small amount of fat - smaller portion.

Today we are following the same basic idea as Monday with 2 exceptions, we are going to replace the dark fruits with fruits which aid in digestion and if you're going out tonight reduce the portion size to push your calorie intake towards the evening.

So instead of the dark fruits have swap in:

Kiwi, Pineapple,

Or for a total change: Flax Seeds with bananas and whey protein

For the fats feel free to mix in anything already mentioned.

Aim to hit you anchor for this around 65% of the time.

Ok so that's the breakfasts for Day 1. I hope you can see there is a huge room for variety and occasionally eating whatever the hell you want. Breakfast is the strictest meal of the plan on this plan and what follows only gets easier and more flexible.

LUNCH

Pre Load Meal - Small amount of fat (small handful) 30 mins prior to lunch

Walnuts, macadamia nuts, avocado, olive oil, cheese, olive tapenade, whey protein.

LUNCH - Anchor Meal: Eat intuitively adding key starches and fibres

At every lunch we are trying to create a mix of certain functional foods, resistant starches and lean protein. Within those boundaries you're free to eat totally intuitively.

We should aim to follow these guide lines around 70% of the time, the other 30% you could eat whatever the hell you want, most of you will find 70% very easy to manage and probably get closer to 80-90% of the time.

The most important of these foods at this juncture are the functional foods, if you do nothing else try to get some of them in as often as you can at lunch.

As a general idea here is how a typical lunch plate should break down:

40% lean protein

30% starch

10% functional veggies (ie those listed below) as you get into it more you can up the % and build an entire meal around these

20% fat or dairy but not both

So examples of what we can eat:

Functional Foods

- Beans
- Chick peas
- Onions
- Asparagus
- Potato
- Sweet Potato
- Lentils
- Shallots

Lean Proteins

- Chicken
- White fish

Starches (cool for 15 mins before eating)

- Plantain
- Yuca
- Sweet Potato
- Potato
- Beans
- Chick Peas

Example Meals:

- Chilli con carne with onions and hot sauce
- Sandwich with roast beef onions, chick peas, avocado and vinegar
- Chicken salad with cucumber avocado, asparagus, onions
- Tuna with asparagus and cucumber
- Hamburger Ezekiel bread, Swiss cheese, onions and shallots
- Turkey and avocado burger with onions and tomato
- Salmon organic, corn, rice and green beans (real, organic corn is a great weight loss tool as it's one of the least calorie dense foods and is high in resistant starch) GMO corn is shit, real corn is great!
- Fillet mignon, red potato, green beans
- Chicken breast, broccoli and asparagus
- Black bean chicken salad, with avocado, chicken, onions, black beans
- Subway spinach salad: double chicken, double spinach, jalapeños, onions, tomatoes, peppers, vinegar mustard.
- Pollo Bowl: Double chicken, double beans, onions and salsa
- Chicken quesadilla
- Soft tacos
- Turkey wrap with onions

DINNER

Pre Load Meal - Small amount of fat (small handful) 30 mins prior to lunch

Walnuts, macadamia nuts, avocado, olive oil, cheese, olive tapenade, whey protein.

DINNER - Anchor Meal: Lean Proteins, Cruciferous or functional veggies

This one is really simple and the most flexible in terms of free styling and eating whatever the hell you want.

Just try to include lean protein, cruciferous veg and mix in some of the following as often as you can.

- Green beans
- Cauliflower
- Fennel
- Shallots
- Broccoli
- Chick Peas
- Asparagus

You should aim to get this right at least 50% of the time. But really if you want to eat whatever the hell you want every now and again, here is the best place to do it as it will be offset by tomorrow morning.

Dinner examples:

Egg white omelette w broccoli, mushrooms etc & cheese

Salmon black beans and broccoli

Cod asparagus, olives

Cabbage wrap, chick peas, broccoli, cheese and asparagus (fat loss bomb)

Turkey and green beans

Cheeseburger on Ezekiel bread with tomato and onions

Or moving slightly off point :

Meal replacement shake

Spaghetti squash and turkey meatballs

Fillet mignon, red potatoes and fennel

Omelette with green beans

Stuffed turkey peppers

Or totally off track:

Stuffed portobello mushroom

Shrimp gumbo

PIZZA!

REMEMBER LISTEN TO YOUR STOMACH

Intuitive eating is one of the most powerful tools we have when deciding what to eat. Our brain which changes portions of the brain to make us favour foods which contain nutrients the body needs. So after a few weeks on this plan (once we've got over the inevitable

sugar cravings) start to listen to your body, if its demanding a salad then have a salad, if it wants steak have a steak.

General Food Swap Sheet:

Asparagus => broccoli, cauliflower, green beans, fennel, cabbage, cucumber

Blackberries => raspberries, strawberries, lingonberries, blueberries, dark grapes, montmorrency, or plain cherries

Broccoli => Cauliflower, fennel, green beans, asparagus, cabbage

Chicken => Turkey, lean steak, very lean hamburger, egg whites, chickpeas, seitan,

Eggs => Egg beaters, avocado, macadamia nuts, Olives, egg whites, cheese, salmon, sardines, peanut butter, nut butter

Chick Peas => Lentils, black beans, steel cut oats (lightly cooked), Potatoes (cooled), Greek yogurt with added resistant starch (add 1 scoop Resistant Starch per cup of greek yogurt)

Grapefruit => Pomello, Black grapes, blackberries, blueberries, raspberries.

Onions => Garlic, green onions, shallots, leeks, garbanzo beans

Potato => sweet potato, organic non gmo corn, cooled brown rice, riced cauliflower, yams, carrots, fennel

Semi-green banana => Ripe banana, cooled potatoes, cooled brown, rice, steel cut oats raw or lightly cooked, sweet potato cooled down

Steak => Salmon, turkey, chicken, cod, portobello mushroom w cheese, seared Tuna, cod, turkey vegan filet mignon, seitan, egg whites, orange roughy, trout, salmon, swordfish, lean steak, turkey

Walnuts => Macadamia, almonds, sunflower seeds, peanuts, avocado, salmon

Wraps => egg white wrap, spinach wrap, Ezekiel grain wrap

Remember these key points:

Pre loading meals helps stack the effects.

The basic template:

DAY 1

Breakfast - Dark fruit and small amount of fat - Phenols

Lunch - Resistance Starch/Functional Foods/Lean Protein

Dinner - Cruciferous Veggies/Lean Protein

DAY 2

4 small high Omega 3 snacks

1 Omega 3 rich meal with veg

DAY 1

BREAKFAST - Dark fruits with a small amount of nuts

200-500g: Blackberries, raspberries, blueberries, pomegranate seeds, cranberry juice, semi green banana, strawberries, dark grapes, black currants, açai, bilberry.

25g: Walnuts, almonds, macadamia, pecans, hazelnuts.

Pre Load Meal - Small amount of fat (small handful) 30 mins prior to lunch

Walnuts, Macadamia nuts, avocado, olive oil, cheese, olive tapenade, whey protein

LUNCH - Beans and other resistant starches, fermenters and protein

Starches (consumed cold)

Garbanzo beans, black beans, potatoes, white beans, pinto beans, brown rice, lentils, repeat of any meal from morning.

Fermenters

Cabbage, red onion, broccoli, cauliflower, sauerkraut, green beans, purple corn, black soybeans, black carrots, purple sweet potato, cheese, ricotta cheese, chile, whole corn, cucumber.

Protein

Chicken, Beef, Fish, organ meat.

Pre load meal - Small amount of fat (small handful) 30 mins prior to dinner

Walnuts, Macadamia nuts, avocado, olive oil, cheese, olive tapenade, whey protein.

DINNER - Raw crunchy veggies, functional foods and lean protein

Veggies (raw or blanched)

Green beans, cabbage, asparagus, broccoli, cauliflower, brussels sprouts (these must be steamed) garbanzo beans, onions, chilli, brown rice (cooked).

Functional Foods

Squash, mushrooms, cheese, cucumber, artichokes, lentil soups, onion, garlic, tomatoes, celery.

Proteins

Chicken, turkey, lean steak, tuna, egg white, whey protein, cod, salmon, roast beef, sardines.

DAY 2

BASELINE SEQUENCE

Wake
Get Cold (optional but gold standard)
Exercise (optional but gold standard)
Fast until noon
4 small meals
Dinner
Bedtime routine

4 SMALL, FATTY MEALS - *starting at 12 noon spaced 2 hours apart, high in Omega 3's*

Here we are aiming for 80% fat / 15% Protein / 5% Carbs
Eggs, nuts, avocado, whey protein, smoked salmon, olives, butter, nut butter, extra virgin olive oil.

So some example meal plans:

Example 1

1 egg and 3 strips of turkey bacon (targeting satiety) (protein and fat targets satiety)
Small burger with cheese (targeting satiety)
Avocado (targeting insulin)
Walnuts (targeting insulin)

Example 2

Cheese and egg (targeting satiety)
2 Scoops Whey protein & 2 teaspoons peanut butter (targeting fat loss)
Nuts & cheese (targeting satiety)
2 Scoops Whey protein & 2 teaspoons peanut butter (targeting fat loss)

Example 3 - On the go

2 eggs (targeting satiety)
2 Scoops Whey protein & 2 teaspoons peanut butter (targeting fat loss)
Nuts & chicken (targeting satiety)
Avocado (guacamole) (targeting insulin/Fat loss)

Example 4

Egg white omelette, with tomatoes, avocado, salsa(targeting satiety)
Whey protein with peanut butter (targeting fat loss)
Nut (targeting satiety)
Whey protein and cottage cheese (targeting insulin)

Example 5

Avocado (targeting insulin)
Walnuts (targeting insulin)
Turkey and Cheese (targeting satiety)
Cheese and nuts (targeting satiety)

Example 6

Eggs and steak
Salmon

Nuts

Whey protein and cottage cheese

VEGAN VERSION

Avocado (targeting insulin)

Walnuts (targeting insulin)

Pecans (targeting satiety)

Nuts and vegan cheese (targeting satiety)

Aggressive fat loss version

Greek Yogurt & 2 scoops Whey Protein (targeting satiety) (needed to set the day up)

Salmon (targeting fat loss)

Whey protein shake (targeting fat loss)

Avocado (targeting fat loss)

DINNER - At 8pm *fatty protein with cabbage or crunchy vegetables*

Proteins

Salmon, beef, lamb, sardines, pork, chicken, turkey

Vegetables

Broccoli, cabbage, cauliflower, brussels sprouts (steamed), rocket, kale.

At it's simplest Dinner should be a healthy meal with low carbs.

EXAMPLE PLAN

DAY 1

BREAKFAST

Blackberries 200-500g with 10 grams of walnuts

Wait 3.5 hours before eating again.

PRE MEAL

10-50g Macadamia Nuts

Wait 30 mins

LUNCH

Burrito bowl (*without the burrito!*) with Black Beans (cooled for 15 mins), chicken, peppers, small amount of cheese, hot peppers.

Wait 4 Hours

PRE MEAL

Avocado

Wait 1 hour

DINNER

Braised tuna, raw green beans, cabbage

DAY 2

MEAL 1 : 12 noon

2 free range eggs

Wait 2 Hours

SNACK

Pack of smoked salmon

Wait 2 Hours

SNACK

1/2 - 1 avocado

Wait 2 Hours

SNACK

10 - 50g walnuts

Wait 2 Hours

DINNER

Large salmon steak with cabbage

