

MEAL PLAN DAY 1-7

IMPORTANT

Whenever I mention chickpeas, lentils, beans (of any type), potatoes or sweet potatoes if you are cooking them, let them cool for at least 15 mins before eating.

VEGAN/VEGETARIAN SWAPS

Eggs => Egg substitute

Egg white wraps => either use egg substitute to make the wraps or use corn tortillas (these aren't as filling)

Meat => Any vegan meat substitute

Non Oily Fish => Any vegan protein substitute

Oily/Fatty Fish => Vegan protein substitute and add a LITTLE fat in the form of Extra Virgin Olive Oil, Avocado or similar

Whey Protein => Pea or hemp protein

Cheese => Vegan cheese substitute

DAY 1

Our journey to get the fat off and keep it off begins by helping the body to clear inflamed fat. Inflamed fat is driven primarily by two things. The first is an excess of immune cells in your fat. The second is the elevated presence of Lipopolysaccharide (or LPS) in the serum. LPS relocates from the gut into fat and drives the production of a key inflammatory mediator, Interleukin 1B.

One way we can clear LPS from the serum is doing a short term time restricted feed. The first 6 days of the the program we will use two very large meals per day. The first is at noon and the next is 6 hours later. We will also use functional foods in the process to clear LPS from the body and help fat loss. These will be very large meals. Each is about 40 percent of the days calories.

One way we can steer macrophages in fat cells is via a compound in apple peels called ursolic acid. Ursolic acid helps to clear and steer macrophages in your fat tissue. Hence why we have already started that protocol.

UPON WAKING

STEP 1: Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

STEP 2: Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

STEP 3: Fast until midday.

LUNCH:

230g smoked salmon

1 full avocado

WAIT 6 HOURS

DINNER:

2 large skinless chicken breasts (450g)

1 cup chickpeas, mix with salsa.

You can also add spinach to this mix if you want to make a salad or do this as a stir fry. To do that in addition to spinach, add in chopped onions, a chopped red pepper, 1 teaspoon olive oil and stir fry this meal.

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

DAY 2

Satiety is critically important as body fat is coming down. Today's meals are geared to drive a strong sense of satiety, while at the same time helping to sensitive insulin function. You will notice over the 20 days how your bodies insulin function improves.

UPON WAKING

STEP 1: Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

STEP 2: Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

STEP 3: Fast until midday.

LUNCH:

Option 1:

1 baked potato cooled down

2 eggs

20g whey protein

Option 2:

7 Keto Walnut Cookies (*see recipes*)

25g whey protein

WAIT 6 HOURS

DINNER:

1 cup chickpeas (Add feta, plum or cherry tomatoes, cucumber, parsley, mint, basil for flavour, a tablespoon of Extra Virgin Olive Oil and vinegar)

1 whole avocado

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

DAY 3

Today is a fantastically effective day for getting the body to burn fat. We employ a lot of toolsets - thermogenesis, meal sequencing, time restricted feeding, commensal gut bacteria and several others.

Lunch will make you feel stuffed which helps to increase thermogenesis and encourages commensal gut bacteria to release key proteins like FAIF to aid fat metabolism. Your first meal will set up a very aggressive fat loss dinner.

UPON WAKING

STEP 1: Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

STEP 2: Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

STEP 3: Fast until midday.

LUNCH:

1 and 1/2 cups greek yogurt

2 cups raspberries

10 pecan halves

1 semi green banana (not too green)

30 g whey protein

2 tablespoon honey

Cinnamon

Mix together into a thick "mega mash". (It's very filling)

WAIT 6 HOURS

DINNER:

Egg white wraps
300g turkey meat
1 whole avocado
1 slice Swiss cheese
Sprouts (optional)
Mustard

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

DAY 4

Today we are switching into a pattern higher in fat for both men and women. Cheese is very effective at improving insulin sensitivity, speeding up fat oxidation, and driving satiety. We are using a keto (high fat, low carbs) pattern surgically here to help all three of these things.

UPON WAKING

STEP 1: Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

STEP 2: Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

STEP 3: Fast until midday.

LUNCH:

1 egg
170g steak, lean hamburger, chicken, or soy
1/3 avocado
25g grated/shredded cheddar
Tomato, onion, chopped
Mix together

WAIT 6 HOURS

DINNER:

225g tuna
2 cups sweet potato
1/2 cup chickpeas
Add feta, tomatoes, cucumber, parsley, mint and/or basil for flavour

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

DAY 5

Today we have an aggressive fat burning day which we will set up in the morning by driving satiety and then use a shake with ice in the evening to melt fat overnight.

UPON WAKING

STEP 1: Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

STEP 2: Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

STEP 3: Fast until midday.

LUNCH:

Egg white wraps
225g chicken, turkey, salmon or plant based meat substitute
1/2 avocado
1 slice Swiss cheese
1/2 cup black beans
Onions, tomato, chopped
Salsa

WAIT 6 HOURS

DINNER:

Shake:
40 g whey protein
1 cup almond milk
1 tablespoon steel cut oats
1 tablespoon flax seed or omega 3 oil, or Extra Virgin Olive Oil
1 slightly green banana

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

DAY 6

We are making a very aggressive push for fat loss here. You have a large volume of food at both meals, targeted at fat loss.

OPTIONAL SUPPLEMENTS:

From today on until day 20, you can supplement with Forskolin upon waking as an additional option. It is designed to stimulate longevity pathways and mobilise fat.

For extra effect add in Berberine sparingly, NO MORE THAN 2 x PER week.

200 mg Forskolin
1000 mg Berberine

UPON WAKING

STEP 1: Get cold for 5 minutes in 12-14 degree water, or if you can't stand that, just end the shower on cold for 10 - 30 seconds, ideally if you do that you would build up slowly to the full 5 mins cold exposure.

STEP 2: Take vitamin D. Suggested dose is 5,000 i.u. Best results have been reported at 15,000 - 20,000 i.u. Note this is a lot and we'll be doing it very short term. If you've been taking high doses of Vitamin D previously get your levels checked first.

STEP 3: Fast until midday.

LUNCH:

225g chopped chicken
550g chopped red and/or green peppers and onion.
30g shredded cheddar
Mix together in a bowl

WAIT 6 HOURS

DINNER:

<https://reignitemy.life>

2 large chicken breasts (skinless)
1/2 cup chickpeas
Salsa

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

DAY 7

Today is a checkpoint against several of the body's countermeasures created by shrinking fat cells. A checkpoint day is **not** the same thing as a cheat day. A cheat day is where you eat whatever you want. A checkpoint day is specifically still a diet day, but it's not designed for fat loss. It's a diet day designed to *counter* the bodies countermeasures that would later drive weight regain. **This is hugely important if you don't want to regain all the weight once we have finished so make sure you do this day.**

One of the most important drivers of weight regain is lowered leptin in the blood post fat loss. Today we create overshoots of key hormones controlling fullness, satiety, and pleasure from food, in order to set you up for the week.

A lot of people get to this day and think, *"god I'm losing so much weight I don't want to do this day and potentially put some back on."*

This day is **crucial** to set you up for long term success. We have to beat hunger and several other mechanisms if we are to keep the weight off LONG TERM.

UPON WAKING:

1 scoop/30 grams whey protein with cinnamon, a teaspoon olive oil and crushed ice. Vegans can substitute pea or hemp protein.

1000 mg berberine

****Optional additions****

Not essential, but helpful to get even more glucose management, you can add

1 scoop red phenol powder

1 scoop resistant starch powder

WAIT 30 MINUTES

BREAKFAST

Meal Option 1:

5 slices turkey bacon or 2 chicken sausages (or chicken or turkey breast)

3 eggs

2 six inch diameter pancakes

30g butter

2 tablespoon maple syrup

Meal Option 2:

300g lean steak and 2 eggs

Meal Option 3:

Spinach Wrap Burrito - see recipes

8 egg whites

30g cheddar

1/3 avocado

Hot salsa

WAIT 3 HOURS

SNACK:

Grilled cheese on sourdough with jalapeños and mustard

<https://reignitemy.life>

Or
4 Egg white muffins
Of
2 tablespoons peanut butter

WAIT 1 HOUR

LUNCH:

Large bowl of pho soup with chicken (you may be able to find this at the supermarket, if not look online)
OR
Spinach egg white burrito - see recipes

DINNER:

Meal Option 1: Cabbage garbanzo wraps - see recipes
Meal Option 2: Turkey stuffed peppers - see recipes
Vegans can use soy chorizo or vegan ground beef in place of turkey.
Meal Option 3: Chicken breast and green beans - See green bean recipe

BEDTIME:

You can use the bedtime supplements from Week 2 here, however don't do the cheese sandwich or honey.

***** PREPARATION FOR DAY 8*****

Day 8 is a very aggressive day for fat loss. To get through it you will need some key toolsets like either the egg white muffins (see recipes) or 5 calorie Jelly and 5 calorie squirty cream. Make sure to pick those up or make them today.