

DAY 8 - 14

This week we will use frequent feeding of 5 meals a day. This approach, if done correctly, helps metabolism to stay up while actively losing fat. You can pause the reds/HMO/apple peels protocol this week.

DAY 8

BREAKFAST

2 eggs (Vegans use vegan egg substitute)
5 egg whites (For added effect mix in garlic, onions and broccoli)
1 scoop whey protein

Mix all together and make an omelette/scrambled egg

WAIT 3.5 HOURS

SNACK:

25g walnuts

WAIT 30 MINS

LUNCH:

Organic, good quality beef hamburger (or steak) with cheese
VEGAN OPTION: Use vegan burger and cheese

WAIT 3.5 HOURS

SNACK

1/3 avocado with sprinkled cheese and garlic
or
2 egg white muffins

VEGAN OPTION

Chickpea Hash
2 cups Chickpea Beans

- 2 teaspoons minced garlic
- 1 teaspoon cayenne pepper
- 1 1/2 teaspoons cumin seeds
- 1/2 teaspoon turmeric
- 3/4 teaspoon chilli powder
- 1 teaspoons salt
- 1/2 cup thinly sliced spring onions (optional)
- 3-4 tablespoons chopped fresh coriander
- 1 tablespoon fresh squeezed lemon juice
- Add tofu or vegan protein

DINNER:

2 Chicken breasts
Raw green beans (see green bean recipe)

Or

1 scoop whey protein
1 cup Greek yogurt
1 teaspoon peanut butter

OR - **Most aggressive**

1 and 1/2 scoops Whey Protein (vegans use pea or hemp) with 1 teaspoon omega 3 oil and cinnamon make a shake out of it by adding water.
1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream. Vegans can use 5 cal almond whip

DAY 9

This begins a couple of super aggressive days just to get fat loss in high gear.

Today we are a bit under calories and riding the razors' edge of burning fat. You will have just enough and prior to each meal for about 30 minutes you will definitely feel hunger but just ride it out as we have a reset day coming up soon.

BREAKFAST:

Shake with
1 and 1/2 scoops whey protein (vegans can use hemp or pea)
230ml orange juice
Crushed ice optional.

WAIT 3.5 HOURS

SNACK:

20g walnuts

WAIT 30 MIN

LUNCH:

Spicy chicken bowl
300g chicken (Vegans use vegan chicken)
2 cups mild salsa
2 bell peppers
25g cheese
1 cup black beans cooled
Tabasco or hot sauce (if you can't handle hot food leave off)

WAIT 3.5 HOURS

SNACK:

1 cheese stick
Or
8 almonds
Or
1 hard boiled egg
Or
Tomatoes, mozzarella, basil.

DINNER:

2 Portabello Mushrooms - (see recipes)
Or
Egg White Omelette - (see recipes)

DAY 10

Today is a SUPER aggressive day, with a very hard push tonight at dinner.

The trick with liquid calories for meals is to use them STRATEGICALLY and SPARINGLY. Used this way, we can use meal replacements surgically once in a while and they will work great, done all the time they will cause us to pile on all the weight again as soon as we stop using them.

Tonight we will do that for dinner. The whole day depends on breakfast. If you want to be able to eat aggressively at dinner for fat loss, this has to be set up at breakfast.

Breakfast this morning is large. Blackberries increase fat oxidation by raising serum phenols. An egg at breakfast influences GIP and GLP-1, the insulin helper hormones called "the incretins". Whey protein raises glutathione levels and aids blood sugar metabolism. The sheer meal size and combinations help us to have an aggressive dinner using a meal replacement and so nuke fat while sleeping.

BREAKFAST:

1/2 to 3/4 plate blackberries
1 whole egg
4 egg whites
1 scoop whey protein.

VEGAN VERSION

Substitute whey with hemp or pea protein and egg substitute.

WAIT AT LEAST 3 HOURS

LUNCH:

Potato Bowl (see recipes)

WAIT AT LEAST 3 HOURS

DINNER:

1 and 1/2 scoop whey protein with
1 cup semi skimmed/skimmed milk or 170 ml freshly squeezed orange juice

VEGAN VERSION

Substitute almond milk and hemp protein

DAY 11

Today we are going to use the pattern of small fat centric meals spread approximately 2.5 hours apart with a very good fat loss dinner. The whole trick with this day comes down to the meal size and calories of the small meals. For most people around 200 to 250 calories per meal is the sweet spot. If you are doing crossfit or working out very hard, that number will go higher but the meals are still relatively small and the time between meals is a minimum of 2.5 hours.

BREAKFAST

2 Keto Muffins

Or

2 eggs with shredded cheese and hot sauce

VEGAN VERSION

1/2 avocado with sprinkled cheese and garlic

MEAL 1

230g smoked salmon with pesto

VEGAN VERSION:

25g walnuts

1/2 avocado with cheese sprinkles and garlic

MEAL 2

1/2 avocado with cheese sprinkles and garlic

Or

Tofu Spiced Chilli Salad - see recipes

MEAL 3

2 cheese sticks

VEGAN VERSION

1 Portobello Mushroom - see recipes

Or

1 tablespoon peanut butter

DINNER

Ribeye steak

Or

Chickpea Cabbage Wraps (see recipes) - more aggressive

Or

Tuna Bowl (see recipes)

VEGAN VERSION: Substitute tofu protein for tuna.

DAY 12

Today is a quasi-checkpoint. We have been under calories the last few days. As body fat is coming down, a key difference with what we are doing here is our entire focus is on **AFTER** the fat has come off.

While getting body fat down is very hard, keeping it off is **much, much harder**.

In other words, the real results are not the selfie when you get in your best shape, but instead overcoming the body's reactions to shrinking fat cells that drive weight regain. Tomorrow we will have one more super aggressive day and then have another full checkpoint day.

Today sets you up to be able to do tomorrow. It is this push/pull between fat loss and countering hormones, the energy gap, immune adaptations and many other counter measures to fat loss that help the fat stay off.

Key hormonal domains we have to be very aware of are excessive hunger, lack of stomach distension or fullness, cravings and many other control points over food intake.

Today is structurally designed to accomplish a number of things. We are pressing the button of satiety, and eliminating hunger today while helping to close the *ENERGY GAP* created by fat loss.

BREAKFAST

The purpose here is to create a strong sense of fullness and satiety while improving insulin sensitivity later. Eggs slow digestion which causes carbs to release more slowly and whey protein aids blood sugar function.

1 cup regular oatmeal with raw honey and cinnamon

2 eggs

1 scoop whey protein

SNACK

1 tablespoon peanut butter

LUNCH

Steak and Egg Bowl - (see recipes)

SNACK

2 egg white muffins

OR

1 scoop whey protein

OR

2 cheese sticks

DINNER

Nicoise Salad: 2 eggs, 8 oz chicken, olives, green beans, bacon bits, red potatoes

OR

3 cod fillets, brown rice, sauteed mushrooms (**more aggressive**)

OR

Egg white omelette - 6 egg whites, cheese, asparagus, onions, shallots, hot sauce of some kind.

DAY 13

Today is an ULTRA aggressive day eating for fat loss. Body fat loss seems to work on momentum, moving from periods where the body will release fat and then into sticking points and plateaus. At times, it's necessary to be very aggressive in order to get the body to release and burn fat, and drive momentum. Tomorrow we will begin another checkpoint day.

BREAKFAST

Whey Shake made from:
1 1/2 scoops whey protein
1 teaspoon olive oil
Cinnamon
Crushed ice

SNACK

8 almonds or walnuts

LUNCH

Egg white omelette - **Most aggressive** See recipes
OR
Tuna Bowl - (see recipes)
Or
Chicken Chipolte bowl - (see recipes)

SNACK

1 block of 5 calorie Jelly and small squirt of 5 Cal squirty cream (whenever you see this combination be careful this is great for countering satiety but we have to be careful with quantities as its easy to pig out on this. Stick to the recommended serving and if you are having higher calories substitutes reduce the serving accordingly)
Or
2 Egg white muffins

DINNER

2 Chicken Breasts and raw green beans - see recipes

OR - **most aggressive**

Shake with 6 ounces of orange juice,
1 & 1/2 scoops whey protein,

1 block of 5 calorie Jelly and small squirt of 5 Cal squirty cream (whenever you see this combination be careful this is great for countering satiety but we have to be careful with quantities as its easy to pig out on this. Stick to the recommended serving and if you are having higher calories substitutes reduce the serving accordingly)

DAY 14

Here we have another offset day, remember these are crucial if you are going to keep the weight off LONG TERM. Make sure you do it.

BREAKFAST

4 protein pancakes
2 eggs, 5 egg whites with sauteed mushrooms
4 strips turkey bacon
1 block of 5 calorie Jelly and small squirt of 5 Cal squirty cream

OR

Steak and 2 eggs 4 egg whites with mushrooms, onions, bacon bits
2 slices sourdough with butter

1 block of 5 calorie Jelly and small squirt of 5 calorie squirty cream (whenever you see this combination be careful this is great for countering satiety but we have to be careful with quantities as its easy to pig out on this. Stick to the recommended serving and if you are having higher calories substitutes reduce the serving accordingly)

OR

Breakfast Burrito with

2 eggs

4 egg whites

1/3 avocado

Cooled potatoes

Spinach

Cayenne

LUNCH

Vegetable pho soup with chicken - See recipes

OR

Veggie Beef Barley Soup - See recipes

VEGAN OPTION

Spicy Vegan Black Bean Soup - see recipes

OR

Vegetable pho soup - See recipes

DINNER

Egg White Omelette - See recipes

OR

Cabbage Chickpea Wraps - See recipes

Or

Tuna Bowl - See recipes

VEGAN OPTION

Coconut Curry Bok Choi - see recipes

Or

Spicy Tofu Salad - see recipes