

THE OFFSET PHASE

DAY 21

WAKE:

Optional supplement stack:

1 grain of paradise
500mg taurine
1000mg ginger (fresh is best)
Cup of black coffee
340ml Ice Water

BREAKFAST

BREAKFAST BOWL:

2 eggs
6 egg whites
25g cheese
1 turkey breast, chopped
1 small red potato
Jalapeños
Cayenne
Onions

LUNCH:

Super easy prep version:

You can just buy pre-cooked/pre-sliced chicken
Microwave brown rice, and mix.

Slightly longer prep version:

170g chicken
1/4 avocado
1/3 cup brown rice
Tomatoes chopped
Garlic salt
Mix together

or

Even longer prep version: This one takes a bit of pan cooking

2 eggs
4 egg whites
1 teaspoon olive oil or avocado oil in a pan
1 cup spinach chopped
25g cheddar
Chopped onions, tomatoes, garlic salt, pepper
Mix together to make into scrambled eggs or omelette

DINNER

Shrimp or chicken vegetable Pho soup:

200g chicken or shrimp
Optional veggies. These are just for flavour. Add or subtract as you see fit: chopped onion, ginger, garlic, shitake mushrooms, bok choy, scallions.
Broth: See attached recipe.

or

Any of soups from recipes. Make sure to add chicken or shrimp

or

Chicken vegetable soup with very hearty broth and 200g chicken

DAY 22

WAKE:

Optional supplement stack:

1 grain of paradise
500mg taurine
1000mg ginger
Cup of black coffee
340ml Ice Water

BREAKFAST

In a bowl:

1/3 cup oats

1/4 cup raisins

1 tablespoon almond butter

1 teaspoon coconut oil

3/4 cup blueberries

Cinnamon

25 grams whey protein (in a separate cup, mix with water)

SNACK:

1 egg white muffin

or

1 turkey sausage, breast or hamburger

Wait 30 min

LUNCH:

Large chicken salad

230g chicken

1/4 avocado

1 teaspoon Extra Virgin Olive Oil

1/4 cup raspberries

Greens

Onions, chicory, garlic, asparagus, artichoke (optional)

SNACK:

1 egg white muffins

or

1 scoops whey protein

or

1 turkey/cheese wrap: 4 slices of turkey with slice of cheese each. Cheese of your choice, low-fat cheese is better. This is a high calorie snack but by having no carbs later in the day we help drive metabolism via higher protein feeding late in the day, adding in dairy peptides to decrease weight gain later.

DINNER:

170g of lean steak, chicken, turkey, fish or vegan substitute

Green beans, onions, garlic (add in a lot of this, we are going for volume here)

1/3 baked potato cooled down

DAY 23

WAKE

Optional supplement stack:

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml Ice Water

2. NOW ADD 2 very easy easy and, affordable supplements:

25 mg Niacin

1000 mg vitamin E

Niacin Flush**

A niacin flush is normal, harmless, side effect of taking niacin. You may feel an itching or burning. One of the beneficial actions of niacin is via the flushing mechanism, which increases nitric oxide and dilates blood vessels. If you are sensitive to niacin start with half the dose - about 12.5 mg

Optional Supplement Additions*

5g Trehalose: Trehalose is a special sugar that skips glycolysis and jumps right into the mitochondria. It has VAST power to drive autophagy and youth. For our purposes, Trehalose helps steer macrophages in your fat mass to the anti-inflammatory combat medic type.

5g D-Mannose: D mannose is a special sugar that suppresses production of Interleukin 1-b.

If you choose to do these add them into your morning stack until day 38.

3. GET COLD: Getting cold helps flip macrophage polarity in your body fat from the inflammatory Red Team to the anti-inflammatory blue team.

NOW EAT

MEAL 1:

2 Keto Walnut Cookies AND 1 tablespoon of High EPA Omega 3 oil

or

2 free range eggs AND 1 tablespoon peanut or almond butter

Wait 2.5 hours

MEAL 2:

1 chicken breast (100g) with skin and 15g of walnuts.

or

1 tablespoon peanut butter and 20g walnuts

MEAL 3

170g smoked salmon with light pesto spread

or

2 egg white muffins

or

1 chicken breast

MEAL 4

15g walnuts and 1 walnut cookie and 1 tablespoon peanut butter

or

85g full fat cheese

MEAL 5

170g lean steak, 15g walnuts and small salad

or

110g hamburger with tomatoes, lettuce, mustard, 15g walnuts

BEDTIME:

Optional supplement stack:

1g of NAC

200mg Fisetin

Optional additional supplements:

200 mg Fucoidan

200mg Naringenin

DAY 24

WAKE

Optional supplement stack:

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml Ice Water

25 mg Niacin.

1000 mg vitamin E

add

1 teaspoon MCT's

1g berberine

*** MCT's act to stimulate fullness, which you need post fat loss to mimic feasting without getting fat. ***

GET COLD

BREAKFAST

Superfood parfait:

3/4 cup Greek yogurt

1 banana

1 cup raspberries

1/4 cup oats

1 tablespoon honey

25 grams whey protein with cinnamon

Wait 3.5 hours

SNACK

1 tablespoon high omega 3 fish oil

or

1 egg white muffin

Wait 30 min

LUNCH

Large chicken salad

230g chicken

1/3 avocado

1 teaspoon Extra Virgin Olive Oil

1/4 cup raspberries

Greens

Onions, chicory, garlic, asparagus, artichoke (optional)

SNACK

1 keto walnut cookies

or

1 turkey/cheese wrap

DINNER

170g of lean steak

or

280g of chicken, turkey, fish or vegan substitute

with

Green beans, onions, garlic

1/2 baked potato (cooled down)

or

2 Portabello mushrooms (see recipes)

or

Large baked Brussels sprouts with

110g cheese

25g walnuts

170g cod or vegan protein

BEDTIME:

Optional supplement stack:

1g of NAC

200mg Fisetin

Optional additional supplements:

200 mg Fucoidan

200mg Naringenin

DAY 25

WAKE

Optional supplement stack:

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml Ice Water

25 mg Niacin.

1000 mg vitamin E

add

1 teaspoon MCT's

1g berberine

SPOT TARGET: Cold areas with cold and menthol 5-10 min

MASSAGE: Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

BREAKFAST:

2 keto walnut cookies

170g lean steak

2 eggs

or

Vegan Version

4 keto walnut cookies and

Tofu Breakfast bowl:

1 avocado pitted

1/2 cup black beans

1/2 hash browns

1 teaspoon olive oil

400g firm tofu drained

Add sea salt, chopped onions, jalapeños, tomatoes, coriander, garlic powder, hot sauce

SNACK:

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream

LUNCH:

Two 170g lean hamburgers with cheese

Add mustard, onions, jalapeños, tomatoes

VEGAN VERSION

Two 170g vegan hamburgers with cheese

Add mustard, onions, jalapeños, tomatoes

SNACK:

2 keto walnut cookies

or

2 egg white muffins

or

1 tablespoon peanut butter

DINNER:

230g lean steak

Asparagus spears

or

230g chicken with vegetable soup

or

3 turkey stuffed peppers (See recipes)

BEDTIME:***Optional supplement stack:***

1g of NAC

200mg Fisetin

Optional additional supplements:

200 mg Fucoidan

200mg Naringenin

DAY 26**WAKE*****Optional supplement stack:***

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml ice water

25 mg Niacin

1000 mg vitamin E

add

1 teaspoon MCT's

1g berberine

SPOT TARGET: Cold areas with cold and menthol 5-10 min

MASSAGE: Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

EAT: 1 and 1/2 scoop whey protein with 1 tablespoon omega 3 oil

Wait 20 minutes

BREAKFAST

1/2 plate cherries

1 egg or 1 tablespoon peanut butter

1 slice avocado toast. - 1/2 avocado, tomatoes, sourdough bread

SNACK:

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream

LUNCH:

1/2 baked potato. (cooled down) with butter

2 chicken breasts

SNACK:

Greek yogurt with 1 scoop of whey protein: mix together

1 block of 5 calorie jelly and a small squirt of 5 calorie squirty cream

DINNER:

Large salmon steak with roasted veggies: onion, tomatoes, peppers, garlic

BEDTIME:

Optional supplement stack:

1g of NAC

200mg Fisetin

Optional additional supplements:

200 mg Fucoidan

200mg Naringenin

DAY 27

WAKE

Optional supplement stack:

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml ice water

25 mg Niacin

1000 mg vitamin E

add

1 teaspoon MCT's

1g berberine

SPOT TARGET: Cold areas with cold and menthol 5-10 min

MASSAGE: Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

BREAKFAST

2 eggs or vegan egg substitutes

6 egg whites

Chopped asparagus, onion, garlic, cayenne

Cooled hash browns

SNACK:

1 scoop of whey protein with 1 tablespoon of Omega 3 fats or 1 tablespoon of olive oil and cinnamon

LUNCH:

Grilled cheese with mustard and jalapeños on sourdough

SNACK:

1/2 avocado with sprinkled cheese and garlic

DINNER:

Large hearty bowl of soup
Pho with chicken and vegetables, light on noodles

or

2 Keto portabello mushrooms

or

Veggie Beef Barley Soup - see recipes

BEDTIME:***Optional supplement stack:***

1g of NAC

200mg Fisetin

Optional additional supplements:

200 mg Fucoidan

200mg Naringenin

200mg Baicalin

100mg Grape Seed Extract.

DAY 28 - 38**TRANSITION PERIOD****WAKE*****Optional supplement stack:***

1 grain of paradise

500mg taurine

1000mg ginger

Cup of black coffee

340ml ice water

25 mg Niacin

1000 mg vitamin E

add

1 teaspoon High EPA Omega 3 oil

1g berberine

SPOT TARGET: Cold areas with cold and menthol 5-10 min

MASSAGE: Use mechanical massager to target problem areas post cold induction. Any Theragun or variant, or hand mechanical spike roller.

BEDTIME

1g NAC - Next 10 days

200mg Fisetin - Next 10 days

Optional

200 mg Fucoidan - Next 30 days

200mg Naringenin - Next 10 days

200mg Baicalin - Next 30 days

100mg Grape Seed Extract. Next 30 days