

The Hunger Games

Weeks 1-2 Menu Choices

Chosen meal choices are; portioned appropriately, hormonally balanced, and prepared by low-grade cooks like me. (Brad Pamp)

1. Scan, choose and mark your meals in your weekly planner.
2. Print out the shopping list.
3. Shop and prepare your culinary week.
4. Your fridge is a good place to pin up your planner.
5. Check out the weekly vlog updates at this weblink.

Note

- Woolies and Coles sell all listed food.
- Start with the recommended meal portions and tinker as you go.
- Of course, you can make minor changes to the menu; remember, eat a lower volume than what you regard as currently normal.
- Don't snack.
- Exercise rhythmically & continuously before breakfast; however, commit according to your lifestyle.

Key Points

We're practising the lowering of your 'normal' portion size – over 35 days. And, like most things well-practised, you'll learn to be satisfied on far less volume than your current appetite presents.

Value the game by sticking to menu choices only – for 35 days.

I'm happy to receive emailed questions.

Brad Pamp

Breakfast Choices

Choice B1	Choice B2	Choice B3
<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • 1 Slice of Wholemeal Seeded Toast. • 1/3 Avocado. • 3 Chopped Baby Tomatoes. • 1 Fried Egg in a tbsp Coconut Oil. • A Dash of Salt & Pepper. • Coffee, Black or Green Tea. • A good option with Choice One: 1 Tspn Psyllium Husk in Water 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Palm-size of Bacon, cutting off the fat, cut into 1cm bits. • Frying in tbsp of Coconut Oil • Add 2/3 cup of Frozen Egg Whites. • Scrambling. • Adding chopped Basil, Salt & Pepper • 1 Slice of Wholemeal Seeded Toast. • Coffee, Black or Green Tea. • A good option with Choice Two: 1 Tspn Psyllium Husk in Water. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • 1 Slice of Wholemeal Seeded Toast. • Lightly spread Cottage Cheese. • 70 gms Smoked Salmon. • Chopped shallots. • Salt & Pepper. • Coffee, Black or Green Tea. • A good option with Choice Three: 1 Tspn Psyllium Husk in Water. • I would also lightly drizzle the meal with Olive Oil.
Choice B4	Choice B5	Choice B6
<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Scramble 2/3 Frozen Egg Whites. • Add fresh Basil or Mint. • Add fresh Snow Peas – consider microwaving for 40 seconds. • Add freshly squeezed lemon (on most meals). • Coffee, Black or Green Tea. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • 100 grams of Cooking Oats microwaved 90 seconds (with a cup of water). • Add a handful of berries (black, blue, straw or diced apple). • Add two tbsp Greek Yogurt. • Add a generous shake of ground cinnamon. • Coffee, Black or Green Tea. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Wholemeal Seeded bread sandwich (2 slices) liberally spread with Peanut Butter. • Coffee, Black or Green Tea. • With Choice Six, I would consider a black coffee with a dash of full cream. Yes, full cream.

Lunch Choices – fast 3/7

Choice L1	Choice L2	Choice L3
<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Contain 100 grams of chicken breast pre-pan fried in Coconut Oil. • Contain a fresh garden salad, including green leaf, seeds like sunflower seeds, nuts, like slivered almonds, cucumber, avocado, and adding sea salt. • Make and contain a lemon, minced garlic, and olive oil dressing. • Re-heat the chicken and add to your salad. • Coffee, Black or Green Tea. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Wholemeal Seeded bread sandwich (2 slices) liberally spread with Peanut Butter. • Coffee, Black or Green Tea. • With Choice Six, I would consider a black coffee with a dash of full cream. Yes, full cream. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Two salmon sushi rolls, brown rice is ideal. • Liberally add soy sauce and Wasabi. • Coffee, Black or Green Tea.

Choice L4	Choice Five	Choice L6: '3/7'
<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Wholemeal Seeded bread sandwich (2 slices). • 100 grams Leg Ham. • ½ Tomato, Cucumber. • Pepper & Salt. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • 2 Boiled Eggs. • Contained Garden Salad – pre-cooked; Broccoli, Cauliflower, Squash – microwaved. • Add Eggs and drizzle with Olive Oil and a pinch of Sea Salt. • Coffee, Black or Green Tea. 	<ul style="list-style-type: none"> • A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • Coffee, Black or Green Tea. • FASTING – NO FOOD

Dinner

Choice D1	Choice D2	Choice D3
<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • A palm-size piece of steak ~100 grams pan-fried in Coconut Oil or butter (not margarine). • A fresh garden salad; including green leaf of choice, ¼ cup of mixed seeds & nuts, celery, cucumber, avocado, and adding sea salt and Olive Oil. • Choice: Red wine. • 2 pieces of Dark Chocolate. • Brush Teeth as soon as you finish. • Camomile, Mint, or Lemon & Ginger Tea. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • A huge serving of steamed veggies: broccoli, cauliflower, zucchini, squash, snow peas, Asparagus, etc., • Add lemon, olive oil, garlic & salt dressing, or, a golf ball size of fully salted butter. • Pan fry 150grams of Salmon. • Post-meal: A Glass (lightly gassed is better still) of water. • 2 pieces of Dark Chocolate. • Brush Teeth as soon as you finish. • Camomile, Mint, or Lemon & Ginger Tea. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • A small container of Woolies or Coles Tabouli (with Quinoa). • A small container of Woolies or Coles Moroccan Cous Cous Pumpkin Salad • Pan fry 50 grams of Haloumi in Coconut Oil. • Add a 100gram tin of red salmon or tuna. • Heat in microwave for 60 seconds and lightly drizzle olive oil. • 2 pieces of Dark Chocolate. • Brush Teeth as soon as you finish. • Camomile, Mint, or Lemon & Ginger Tea.
Choice D4	Choice D5	Choice L6
<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • BBQ Chicken – 100 grams, adding to; • Pan-fried 50 grams green beans, mushrooms, sundried tomatoes, garlic, salt in a golf ball of butter. • You won't feel like chocolate. • Brush Teeth as soon as you finish. • Camomile, Mint, or Lemon & Ginger Tea. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • 150 grams of Lentils, or Brown Rice pre-cooked packet. • 100 grams of Lamb (sliced), pan-fried in butter. • Chopping generously; basil, tomato, & shallots – adding lemon, minced garlic, a dash of salt, butter or olive oil. • Brush Teeth as soon as you finish. • Camomile, Mint, or Lemon & Ginger Tea. • Choice: Red wine. 	<ul style="list-style-type: none"> • Pre-meal: A Glass (lightly gassed is better still) of water – plus a tiny pinch of Himalayan salt. • 100 grams Pork, panfried in coconut oil. • Roasted veggies: pumpkin, carrots, squash, sweet potato, drizzled with olive oil and sea salt – 180' for 45 mins. • Also, try preheating the oven to 180' – chop Kale in crisp size, drizzle with olive oil and hammer the sea salt – 12 minutes. • Brush Teeth as soon as you finish. • Camomile, Mint, or Lemon & Ginger Tea. • Choice: Red wine.

Your Weekly Planner

Mark your Meal Choice & Exercise Minutes

The Hunger Games						
24 th Feb – 29 th March 2020						
Name:			Starting Weight:		Finishing Weight:	
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:
Ex:	E:	E:	E:	E:	E:	E:
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:
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Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Shopping List – All listed products can be purchased from Woolies or Coles.

Flavours	Veg	Cold	Protein	Appetite depressors	Add
Pink Himalayan Salt	Pumpkin	Cream - full	Bacon	Dark Chocolate	
Sea Salt	Sweet potato	Milk - full	Lamb	Red Wine	
Pepper	Avocado	Butter - full	Chicken Breast	Coffee	
Wasabi	Kale	Greek Yogurt	Smoked Salm	Tea - Black	
Soy Sauce	Carrots	Cream - full	Tinned Red Sal	Camomile Tea	
Sea Salt	Tomatos	Coconut Oil	Tinned Tuna	Mint Tea	
Peanut Butter	Cherry tomato's	Frozen Egg Whites	BBQ Chicken	Ginger & Lemon Tea	
Garlic mince	Sundried tomato's	Cottage Cheese	Leg Ham		
Psyllium Husk	Shallots	Cooking Oats	Steak		
Ex Virgin Olive Oil	Basil	Haloumi			
	Mint	Almonds - slivered			
	Lemon	Sunflower seeds			
	Apples	Sushi Rolls			
	Cucumber	Lentils			
	Baby Spinach Leaves				
	Lettuce				
	Snow Peas				
	Green beans				
	Asparagus				
	Celery				
	Tabouli				
	Moroccan Cous Cous				