

# BP56

## Food Principles & Ideas

*If I avoid near all unnecessary sugar (particularly refined sugar), I include a little good fat in every meal, practice reducing my meal portion size by 'around' 30%, and exercise in my AZ, it becomes near impossible not developing my best fat-burning metabolism.*

My next meal will,

- 1) cause little spike in blood glucose (insulin), and will,
- 2) keep my appetite at bay for at least 6 hours,

Reduce my 'normal' meal portion sizes by 30%, and,

- ✓ Employ the appetite suppressant brain tricks listed below.
- ✓ A little: Good Fat + High Dietary Fibre + Protein + Water (Gassed) = Satiated (full).

My best meal balance starts by selecting,

- ✓ some protein, 2) a little good fat, 3) quality fibre, & 4) some carbohydrates.

Most starchy (complex) carbs, given I am [gluten, insulin-tolerant], are OK for me! Rice, Pasta, Root Veg, & Bread are fine. Serve up a 'small' portion (e.g. 10-20% of total caloric value).

I'll include 'a little' GOOD FAT in every meal (see 'good fat' list).

Now, where is the dietary fibre in this meal (see 'best fibre' choices).

I'll avoid near all food containing refined sugar (see 'avoid food' list).

For my BP56 Case study, if I feel like an evening drink, I'll limit drinking to 'one' standard drink, only.

I will aim to prepare as many meals as possible over BP56.

*For my BP56 Case Study, I'll keep most meals uncomplicated!  
Consistency of a well-balanced, easily produced, and lifestyle friendly meal will establish and drive my long-term best fat-burning metabolism.*

## Choosing your BP56 Meals

Top Dietary Fibre Choices	Great Good Fat Additions	Good Carb Fillers in Moderation
Broccoli Spinach Squash Navy Beans Strawberries, Blackberries Brussell Sprouts Carrots Green beans	Avocado Coconut Extra Virgin Olive Oil Almond Oil & most nuts themselves Egg (1-2 per day, only) Tuna & Salmon Sunflower & Chia Seeds Full cheese (in moderation)	Sweet Potato Organic Oats Rye Bread Brown Rice - Sushi Fresh pasta Quinoa Cous Cous Cottage Cheese

## Employ these Appetite Satisfaction Brain Tricks.

(with a smaller portion size).

- 40% of total meal calories from protein - see menu ideas,
- Every meal must feature a good dietary fibre portion,
- Start every meal with a glass of water - ideally gassed and lightly salted with pink Himalayan salt,
- Eat slowly - eating and talking is a good idea, void of distracting screens,
- Add spices like cayenne pepper, wasabi, and soy sauce,
- Finish breakfast and lunch with a caffeinated drink - coffee (ideally black), Tea, or Green Tea,
- Consider a post evening meal, Ginger & Lemon Tea,
- Fasting; 3/7 lunches for the BP56 (so load up at breakfast time on those days).
- Use smaller plates,
- After plating, contain and store remaining food,
- Brush your teeth immediately after your meal,
- Choose solid over liquid meals, mainly.

## Avoid these Appetite Enhancers.

(sugar burning drivers, and fat-storing hyenas)

- Near ALL commercial sauces,
- Soft drinks, Energy Drinks, Sports Drinks, Fruit Drinks, Fruit Juice, Flavoured Protein Shakes.
- All (yellow) food served from a bain-marie.
- All biscuits, chips, crackers, breakfast bars, sports bars, and savoury bites.
- Anything you'd classify as a snack, usually being processed, preserved, coloured, flavoured, volume enhanced, and with enhanced aroma's. Mostly presented in packets, containers, jars, or boxes, and promoted by a mascot dressed in a red & yellow outfit.

## Meal Choices FYI

Outside, simply: Picking any protein choice you like, adding a little of 'good' fat, throwing in any garden 'above and below' the ground veg you like, perhaps a small side of a complex carb, and salt'n'pepper.

## Breakfast 'Ideas'

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

## Lunch Ideas – fasting 3/7 (BP56)

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

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

## Dinner Ideas

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

FYI Shopping List – All the 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				