

WELCOME



Our purpose is balancing your ideal blood glucose on just enough calories to satisfy your enduring hunger and thus have your metabolism use up the body fat you don't need.

In 99% of cases, carrying more body fat than desirable, is typically a result of;

- 1. Consuming more calories than are used,*
- 2) Consistent spikes in blood sugar, a result of excessive carbohydrate consumption.*

WHAT

- Follow the listed **Nutrition** and supplementary **Movement** Plan.
- Confirm your **Weekly (Scoreboard) Commitment** via a text – 0412 487 034.

HOW

- Choose your meals from the list, shop & prepare, and employ the '**Hunger**' Rule.
- Schedule your best-fitting and exercise time, and employ the '**Intensity**' Rule.

WHY

- Establish and lock in your best health (relative to your fat-burning **metabolism**).
- Establish your right habits having no need for this program, again.

FOOD CHOICES

THE 7 GOLDEN RULES – for the next 28 Days.

- ✓ Avoid near ALL refined sugar.
- ✓ Limit complex carbs to the listed choices, only.
- ✓ Avoid alcohol for the Hunger Games.
- ✓ Practice the listed meal portions.
- ✓ Exercise ‘easily’.
- ✓ Punch through the typical Day 6-10 challenges.
- ✓ Schedule your re-test with Brad Pamp.

PRINCIPLES

Do not expect elaborate Chef-like meals.

Please concede a wide culinary variety for this program (28-Days).

There is no listing what NOT TO EAT, just what TO EAT.

- Choose your meals, shop, prepare, consume, enjoy!
- The meals are deliberately simple.
- Plan to prepare (and contain) your lunch, mostly.
- While minor meal tinkering is likely, for the most part, please stick to the meal list.
- It is likely 'family' adaptation will be necessary.
- With major meal changes, please feel free to consult with Brad Pamp.
- The Hunger Games is Dry! (FYI, enjoying alcohol post program is considered normal.
- Attention

Gluten Intolerance: Avoid gluten listed foods and supplement by increasing other listed macronutrients – employing the Hunger Laws.

Vegetarian Choices: There are limited vegetarian choices within the listed menu.

THE HUNGER/VOLUME LAW

The listed meal volume and caloric values are typical of a 'normal' appetite. However, it's likely meal portion sizes have increased over the past 50 years. This increase has changed appetites into believing more food (calories) are necessary.

Males

- Start with the listed meal caloric value, after employing pre-meal hydration.
- Eat slowly, spending the time to chew your food properly.
- Continue to drink, water, coffee/tea as you go.
- Brush your teeth immediately after your evening meal.
- If you reach satiation (hunger satisfaction) with still 1/3 to eat, you're done!

- However, if you can't reach the next meal free of hunger pangs, reconsider tomorrow's meal volume (e.g. + cals), and refer to grazing foods.

Females

- Historically, woman can satisfy their hunger by reducing the listed portion size by 25%.
- Again, assess your hunger pangs. If you are prematurely hungry, you'll generally need to increase your portion size.
- Remember the salted water & teeth brushing hacks.

If you do not really need it (calories), don't consume it.

THE FASTING LAW

- You choose 3/7 fasting lunch periods – plan your three fasting lunch days.
- Slightly increase your breakfast volume on fasting days.
- Coffee & Tea is allowed between breakfast and dinner.
- No grazing snacks on your fasting days.
- Avoid more demanding morning exercise on fasting days.
- Prepare the listed dinner volume (only), brushing your teeth immediately after your meal, and consider a herbal tea or alkaline (green & grassy) drink later in the evening.

THE GRAZING LAW

- The Hunger Games would prefer you didn't feel the need to snack between meals.
- However, to prevent pre & post-main meal bad choices, and over-consuming calories at main meals, the listed grazing snacks can be a smart idea.

- Drink a glass of water before snacking – wait 10 minutes – then decide if you do indeed need a calorie top-up.
- **Avoid:** food spruiked by a mascot or elite athlete, food wrapped in bright yellow and red branding, food that tells you how good it is, or anything saying low-fat or low-cal.

*Mostly, you are not hungry, you are typically;
thirsty, bored, and or stressed.*

THE SOCIAL GATHERING

You will likely encounter meal (and exercise) challenges.

Here are a few suggestions:

- Fill up and satisfy your hunger reflex by pre-eating your self-prepared meal before the exposure to an eat-out meal.
- Consider a grazing choice right before the social gathering.
- Choose fish & steamed veggies where possible.
- Sit on one alcoholic drink.
- Avoid bread and sweets.



28 DAY MEAL CHOICES

Most meals are appropriate at breakfast, lunch and dinner.

Breakfast Choices Prep time: 4-8 minutes.		Time of Day: After Morning Exercise
B1 Egg & Av	B2 Bacon & Eggs	B3 Cottage Salmon
<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Pink Himalayan salt.</p> <ul style="list-style-type: none"> • 1 Slice of Wholemeal Seeded Toast. • A super lite spread of whole sour cream. • 1/3 Avocado. • 4 Chopped Baby Tomatoes. • 1 Fried Egg fried in a dash of Coconut Oil. • A Dash of Salt & Pepper. • Squeeze of fresh lemon. • Coffee (the least milk the better), Black or Green Tea. • A dash of milk if desired – zip sugar and sugar replacements. • A great supplement to finish this breakfast is with a healthy fibre hit of : 1 Tspn Psyllium Husk in Water. 	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Pink Himalayan salt.</p> <ul style="list-style-type: none"> • Palm-size, only, Bacon, cutting off the fat, and chopping fittingly before frying in a non-stick pan. • Add 2/3 cup of (defrosted) Frozen Egg Whites. Leave in packet in the fridge and use over the week. • Scrambling, as normal. • Adding finely chopped Basil, Salt & Pepper. • Consider serving on a slice of Wholemeal Seeded Toast, or serve bowlled. • Coffee (the least milk the better), Black or Green Tea. • A dash of milk if desired – zip sugar of sugar replacement. • A great supplement to finish this breakfast is the (good) fibre heavy: 1 Tspn Psyllium Husk in Water. <p>**Option - leave out the toast.</p>	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Pink Himalayan salt.</p> <ul style="list-style-type: none"> ○ 1 Slice of Wholemeal Seeded Toast. ○ A light spread of lite Cottage Cheese. ○ 70 gms Smoked Salmon. ○ 1/3 Avocado. ○ Chopped shallots. ○ Tbsp Slivered Almonds (pan-fried to browned). ○ Salt & Pepper. ○ Consider a lite drizzle of Olive Oil. ○ Coffee (the least milk the better), Black or Green Tea. ○ A dash of milk if desired – zip sugar of sugar replacement. ○ Consider a lite drizzle of Olive Oil. ○ A great supplement to finish this breakfast is the (good) fibre heavy: 1 Tspn Psyllium Husk in Water.
B4 Super 10 Cereal	B5 Fruit Salad	B6 Ham & Eggs
<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p>	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p>	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p>

<p>Super10 Self-made Cereal Mix</p> <p>http://www.bp40plus.com.au/the-breakfast-club-project/</p> <ul style="list-style-type: none"> • Oats (Cooking Oats) • Shredded Coconut • Slivered Almonds • Chia Seeds • Cocoa Nibs • Ground Cinnamon • Sunflower Seeds • Linseeds • Ginger, ground • Honey – raw <p>I suggest opening the link for the exact ingredient volume.</p> <p>2/3 Cup, bowled, adding Cup water, microwaved 2 mins.</p> <ul style="list-style-type: none"> • Coffee (the least milk the better), Black or Green Tea. <p>A dash of milk if desired – zip sugar of sugar replacement.</p>	<p>This choice would support a ‘harder’ relative morning exercise session.</p> <p>Make two serves, containing the second.</p> <ul style="list-style-type: none"> • ½ Apple • ½ Pear • Handful (total) Strawberries, Blueberries, Blackberries • ½ Tbsn Protein Powder (optional). • ½ cup Natural Yogurt • Dash of Ground Cinnamon • Tbsn Slivered Almonds or Sunflower Seeds <ul style="list-style-type: none"> • Coffee (the least milk the better), Black or Green Tea. <p>A dash of milk if desired – zip sugar of sugar replacement.</p>	<ul style="list-style-type: none"> • ½ cup diced Leg Ham • Red onion, chopping finely • 3-5 Baby Tomatoes • 1-2 Eggs (fry, or scramble with a little lite cream). • Fry in coconut oil • Bowl, adding Sea Salt & Pepper • Also adding chopped basal <p>No bread</p> <ul style="list-style-type: none"> • Coffee (the least milk the better), Black or Green Tea. • A dash of milk if desired – zip sugar of sugar replacement. <ul style="list-style-type: none"> ○ I recommend the Psyllium Husk with this choice.
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Grazing Choices – consumed only to avoid premature hunger pangs.

Time of Day:
During the day

G1	G2	G3
<ul style="list-style-type: none"> • 1/2 Cup of Sunflower Seeds. <p>Good to consume with water (gassed seems to be better). Eat ½ cup over ‘about’ 2 hours.</p>	<ul style="list-style-type: none"> • 2/3 Cup Blueberries, Strawberries, of Blackberries. • Apple, or pear. <p>Consider adding a dash of ground cinnamon.</p>	<ul style="list-style-type: none"> • ½ Cup Almonds <p>Eat ½ Cup over 2+ hours. Eat while drinking water is best.</p>

Lunch Choices

Time of Day: 11-2pm

L1	L2	L3
<p>Chicken Salad</p> <p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Pre-cooked and contained 100 grams of chicken breast pan-fried in a little Coconut Oil. • Pre-prepared and contained fresh garden salad, including 	<p>Beef Salad</p> <p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Pre-cooked and contained 100 grams of beef (cut into strips) and pan-fried in a little Coconut Oil. 	<p>Tuna & Veggies</p> <p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • 95-140 gms tinned tuna (in brine or olive oil) or salmon (pink or red).. • Pre-cooked and contained veggies: broccoli, cauliflower,

<p>green leaf of choice, seeds like; sunflower seeds, a few nuts like; slivered almonds, walnuts; salad adds like: cucumber, avocado, capsicum, carrot, celery and adding a dash of sea salt.</p> <ul style="list-style-type: none"> • Pre-make and contain a dressing, something like; lemon and olive oil (perhaps garlic). • Re-heat the chicken and add to your salad, adding the dressing. • The salad volume is to your appetite – it’s your call. Eat to satisfy your appetite. • Coffee, Black or Green Tea, or Herbal Tea (e.g. peppermint, ginger, lemon). 	<ul style="list-style-type: none"> • Pre-cooked and contained ½ palm size of haloumi. • Pre-prepared and contained a fresh garden salad including green leaf of choice, cucumber, avocado, capsicum, and adding a dash of sea salt. • Make and contain a lemon, minced garlic, and olive oil dressing. • Re-heat the beef and haloumi and add to your salad. • The salad volume is to appetite – it’s your call. • Coffee, Black or Green Tea, or Herbal Tea (e.g. peppermint, ginger, lemon). 	<p>carrots, squash, etc (even a little potato, sweet potato or pumpkin is good).</p> <ul style="list-style-type: none"> • **Avoid corn. • Veggie volume to your appetite satisfaction. • Re-heat the veggies and add a tbspn of butter (yep, the real thing), adding a little salt’n’ pepper, and lemon to taste. • Adding and mixing your drained fish of choice. • Coffee, Black or Green Tea, or Herbal Tea (e.g. peppermint, ginger, lemon).
<p style="text-align: center;">L4</p> <p style="text-align: center;">Pork Salad</p>	<p style="text-align: center;">L5</p> <p style="text-align: center;">Beef Salad</p>	<p style="text-align: center;">L6</p> <p style="text-align: center;">Tuna & Veggies</p>
<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • 2/3 cup dice and pan fry leg ham. • Chop; cucumber, carrot, cheese, Zucchini, & capsicum. • Contain • Make and contain dressing: Pan fry ½ golfball butter, garlic, sea salt, lemon juice. • Add to pork & salad at lunchtime. <p>You’re not hungry! Throw down a further glass of water with a pinch of salt.</p>	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Pre-pared and contained 100 grams of beef (cut into strips) and pan fried in a little Coconut Oil. • Pre-cooked and contained ½ palm size of haloumi. • Pre-pared and contained a fresh garden salad including green leaf of choice, cucumber, avocado, capsicum, and adding a dash of sea salt. • Make and contain a lemon, minced garlic, and olive oil dressing. • Re-heat the beef and haloumi and add to your salad. • The salad volume is to appetite – it’s your call. Eat to satisfy your appetite. <p>Coffee, Black or Green Tea, or Herbal Tea (e.g. peppermint, ginger, lemon).</p>	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • 95-140 gms tinned tuna (in brine or olive oil) or salmon (pink or red, it doesn’t matter). • Pre-cooked and contained veggies: broccoli, cauliflower, carrots, squash, etc (even a little potato, sweet potato or pumpkin is good). • **Avoid corn. • Veggie volume to appetite satisfaction. • Re-heat the veggies and add tbspn of fully salted butter (yep, the real thing), adding salt, pepper, and lemon to taste. • Adding and mixing your drained fish of choice. • Coffee, Black or Green Tea, or Herbal Tea (e.g. peppermint, ginger, lemon).
<p>Dinner Choices</p>		<p>Time of Day: After Evening Training</p>

D1 Protein Choice & Veggies	D2 Fulfilling Veggies	D3 Omelette
<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Palm size; Pork, Lamb, Beef, Fish of choice. • Any garden veggie of choice; e.g broccoli, broccolini, Egg plant, cauliflower; steamed, adding butter, salt, lemon, garlic, herbs etc. • Cook protein choice with diced onion in coconut oil (just a little) & sea salt. • Late evening; boiling water with freshly squeezed lemon. 	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • Microwave (90 seconds) a large handful of mixed green beans. • Add green beans to frying pan, adding a gold ball of real butter, sea salt, and minced garlic. • Add 1 1/2 cup of chopped mushrooms, again, adding another dash of sea salt to taste. • Add ¼ cup of mixed nuts; cashews, walnuts, macadamias – no peanuts. • Add, chopped capsicum (lots) and pre-cooked haloumi (1/3 palm). • Late evening; boiling water with freshly squeezed lemon. 	<p>Pre-meal: A Glass of water (lightly gassed is typically better) – plus a tiny pinch of Himalayan salt.</p> <ul style="list-style-type: none"> • 2 Egg Omelette; like; cream, salt and pepper, shallots or onion, avocado etc. • Late evening; boiling water with freshly squeezed lemon.

As listed Shopping list – please add your personal choices.

Pink Himalyan Salt Olive Oil Wholemeal Seeded Bread Coconut Oil Psyllium Husk Ground Cinnamon Salt & Pepper Slivered Almonds Sunflower Seeds Coffee Tea – Black, Green, Herbal choice Milk - full	Frozen Egg Whites Lite Sour Cream Butter - real Eggs Lite Cottage Cheese Hummus Blackberries Blueberries Strawberries	Lemon Avocado Baby Tomatoes Almonds Walnuts Macadamias Cheddar, Tasty Cheese Carrots Capsicum Green bean Mushrooms Onion Squash Sweet potato Broccoli Cauliflower Pumpkin Cumcumber Celery Apple Pear Green leaf – Choice	Chicken breast Beef Lamb Salmon Pork Bacon Smoked Salmon	
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		Garlic – jarred Basil Shallots		
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You may experience.

Experience	Solution
A lower breakfast appetite	<ul style="list-style-type: none"> Practice eating at a consistent (breakfast) time. Eat, even if you don't feel like eating – you are positioning your appetite for the entire day. You are limiting the interest towards binge eating (particularly with increased lifestyle stressed), Reduce the volume if you must.
Craving something sweet	<ul style="list-style-type: none"> Try Blackberries, Strawberries, Blueberries and a little cream/ ground cinnamon. Go for a walk. You're typically thirsty, not hungry in need of calories. Drink water with a dash of pink salt.
You are constipated	<ul style="list-style-type: none"> Increase water and psyllium husk.
Menu boredom	<ul style="list-style-type: none"> I get it, it isn't easy and could be considered boring. It is critical towards your future best health you comply from the menu for this 28 Day Program. Gotta want it! Please find the motivation towards the project commitment, and contact BP.

28 DAY MOVEMENT COMMITMENT

All movement and lots of movement is great, supporting your best fat-burning metabolism and future ideal appetite and food behaviour, UNLESS, the movement is blowing out your appetite – volume and 'sabotaging' choices.

Movement Choices – (Brisk) Walking is perfect, OR an activity allowing the control of your 'easier' rhythmic and continuous intensity (see below).

Time of Day: Morning & Night
Diarise your commitment.

****Before morning exercise: I recommend trialling a coffee or tea, 15 minutes before exercise. Black is best.**

Frequency	Intensity	Time
Daily	***Easy, conversational effort.	15 -20 (+) minutes in the morning.
Morning & Night	No hard movement whatsoever. Never, ever, find yourself out of breath, with burning muscles, or in need of spending the rest of the day on a couch.	15-30 (+) minutes of an evening.

INTENSITY LAWS

Let's equate your effort into four category's

Idle – near zero effort.

*****Easy** – moving, rhythmically, with controlled breathing, little muscle sting, and a pace you could seemingly hold for an hour.

Medium – you are now breathing more heavily, you feel your heart beating, and you feel you can hold this effort for about 30-45 minutes.

Hard – your lungs and muscle now sting and you feel uncomfortable.

Employ your '**easier**' more comfortable intensity for this phase. As the phases progress, and your aerobic (fat-burning) health develops, we will step up your effort appropriately.

Remember, some people can run or ride for example at a fast pace but still consider the effort as easy. Their heart rate will also reflect easier work.

Key: If it stings and you're blowing, it's out, for now. Harder effort will promote sugar burning and will typically change the appetite towards carb choices and higher caloric volume.

Your Movement: Those more challenged with CI, or with little current fitness, will benefit MOST from walking, only.

However, as long as it's rhythmic & continuous, you're good to go.

THE FINAL PITCH TOWARDS COMMITTING TO THE HUNGER GAMES PROGRAM.

..follow the listed plan?

- Accountability.
- Proven results.
- Take brain drift out of the equation.

... test your HbA1c blood glucose and work towards <4.9%?

Lowering blood glucose, below 4.9% (tested via a 12-Week haemoglobin test), a courtesy of (mainly) lowering dietary carbohydrates, will lower insulin. This will reduce fat energy storage and promote stored fat energy usage. <4.9% is typically the magic number (for most). Get there!

... the good fat choices?

Good healthy fats, in 'limited' volume, offer zero insulin spike, offer satiation, taste good, and promote fat to be used as the prime energy source – not sugar.

Good fats, while calorie-heavy, in limited supply help to lower total caloric intake.

... the pre-morning exercise caffeine?

Caffeine can help promote stored fat being the prime energy supply. Caffeine limits or guards against using sugar, which, if used, will need to be filled post-exercise. Typically a brain will innately draw towards carbohydrate food re-filling food choices.

... the gassy water, and pink salt?

It improves cellular hydration and also helps increase satiation, preventing unnecessary hunger pangs. It is also gut filling, leaving less room for unnecessary calories.

... the easier exercise intensity?

Your easier effort exercise has less influence on your appetite. Hitting harder exercise too soon usually produces a spike in your appetite, and sadly, typically towards food that makes you feel happy, fastest (carbs). Harder exercise can also distort your appetite and the necessary volume. Over-eating is common.

For now, keep almost all exercise in your fat-burning easy effort zone. This way, you'll keep your appetite balanced, balance your hydration, burn fat best, avoid unnecessary injuries and illness, and enjoy exercise.



Your Hunger Games Scoreboard

Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One							
Training (Mins)	e.g. 25						
Breakfast	e.g B1						
Lunch							
Training (Mins)							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Two							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Three							
Training (Mins)							
Breakfast							
Lunch							
Training							
Dinner							
Practice	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Four							
Training (Mins)							
Breakfast							
Lunch							
Training (Mins)							
Dinner							

Add notes;