

as nature intended method

a 16-week project

test – practice – test – practice

endless mental & physical energy

natural wellness

sound sleep

ideal weight & shape

How this works!

- 1) you choose your food (and portioning) based on the listed information.
- 2) I will be testing your choices (testing intervals TBD).

Testing will prove your efficient best (stored) fat-burning metabolism.

Sections

1. Time-restricted eating.

- The best time-honoured 'fasting' method.
- Why time-restricted eating works for (mostly) everyone.
- Some bridging strategies.

2. The proven meal principles.

- Yes & No list.
- Fundamental principles to base your choices.
- Volume and fitting portion control.

3. Your first meal of the day

- Consider choosing your meal from the four meal pillars.

4. Grazing choices when necessary.

- Consider these healthy choices if necessary.

Step 4 – Final meal of the day.

- Consider your meal based on this simple system.

Time-restricted eating.

Clear data shows most people benefit from a daily 7-8 hour nourishing window.

Health benefits include:

- ✓ Blood glucose (sugar) stabilisation – lower than 5.2% (HbA1c testing).
- ✓ Boost healthy ketone levels (typically 2-4 ppm via breath testing).
- ✓ Boost in Growth Hormone (HGH) for improved cellular repair.
- ✓ Gut biome recovery and repair.
- ✓ Stabilised and regularised appetite.
- ✓ Lowering inflammation, re-alkalising the optimum balance.
- ✓ Boost enduring cognitive sharpness.
- ✓ All the listed benefits support healthy aerobic cellular (fat-burning) health.

The ideal and proven time-related nourishing day.

- Day starting re-hydration and MCT inclusion around 6-7 am.
- The first genuine meal is around 11 am.
- The last caloric intake (meal) is around 7 pm.

However, you choose your best nourishing window based on your lifestyle logistics.

- ✓ Data shows a 16 hour fast boosts most health benefits.
- ✓ The 15-16th hour shows the most significant boost in biological benefits.
- ✓ When appropriate and possible, a 17 hour fasting period provided the maximum health benefits from the time-restricted eating practice.

Introduction of time-restricted eating.

Extend typical eating practice by 30 minutes each day until you reach the 8-hour window.

e.g. current 'breakfast' is eaten at 6.30 am – consume this first daily meal at 7.00 am, and so on.

Or, practice the extended 30 minutes from typical eating time for as long as it feels comfortable before increasing the fasting period a further 30 minutes.

Continue increasing the extended time by 30 minutes, until comfortable, towards reaching the 16–17 hour fasting period.

This bridging practice typically takes 2–3 weeks.

Consider the bridging practice listed below.

This practice does not break the 'fast'.

- ✓ Start each day with a glass of water.
- ✓ Coffee with a tbsp MCT oil – Coffee with preferred milk choice & MCT oil (see below) [The preferred practice by Brad Pamp]
- ✓ Black tea with MCT oil.
- ✓ Herbal tea with MCT oil.
- ✓ Green alkalising drink, e.g. Supergreens, Vital greens, Spirulina.
- ✓ A handful of nuts: Balanced Almonds, Macadamia, Pecan, Walnuts, and Pistachios.
- ✓ A handful of seeds: Sunflower seeds, Pepita seeds.
- ✓ Additional water: gassed with a tiny pinch of pink Himalayan salt.
- ✓ In the event of a second drink (coffee, tea, alkalising drink), the best results show the inclusion of *Chaga mushroom extract*.
- ✓ Get busy.

Why MCT Oil?

- ✓ MCT – Data shows Medium Chained Triglycerides drive the most health benefits of all (healthy) fats.
- ✓ Despite being found most conveniently in coconuts, goats milk, and sheep milk, it is most practical, including 30ml a day via reputable MCT oil.

MCT Health benefits.

- ✓ Zero spikes in insulin.
- ✓ Very low inflammatory response.
- ✓ Promotes healthy ketosis best.
- ✓ Enduring cognitive and athletic energy.

NOTE: More is not better. Research and my observation suggest that 30ml MCT oil, added to coffee, is the perfect healthy dose. Additional dosage drives little further advantage and can upset the gut in some people.

Best MCT oil – [CLICK HERE - https://www.melrosehealth.com.au/mct-oil-kick-start-500ml](https://www.melrosehealth.com.au/mct-oil-kick-start-500ml)

Why Chaga Mushroom Extract?

- ✓ Reported to be the highest hit and most absorbable antioxidant on the planet.
- ✓ Beyond the other listed food choices, Chaga optimises the immune system and controls inflammation best.
- ✓ Largely tasteless, inexpensive and unknown, this inclusion is strongly recommended.

Adding to coffee, tea etc is most practical. But including it in a healthy cereal mix also works.

A ½ to 1 tpn a day is plenty, with additional doses proving little benefit.

There are no known side effects.

Best Chaga Mushroom Extract – [CLICK HERE. - https://naturamushrooms.com/products/chaga-mushroom-powder?variant=32204197167189¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_campaign=g-2020-07-27&utm_source=google&utm_medium=smart_campaign](https://naturamushrooms.com/products/chaga-mushroom-powder?variant=32204197167189¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_campaign=g-2020-07-27&utm_source=google&utm_medium=smart_campaign)

Why water and Na⁺ (pink Himalayan salt)?

Most people benefit or require additional water following the natural eating method listed.

Please prioritise regular hydration and the hydration tips listed below.

Hydrating with water alone, while a good option, cellular hydration will be further improved with the inclusion of a tiny dose of healthy salt.

The inclusion of clean salt is a healthy practice with any excessive salt being excreted naturally.

Water alone can lead to bloating and the excretion of critical minerals.

The inclusion should be near tasteless, and drinking to thirst is your indicator.

Don't drink unnecessarily or to a given daily volume. Natural thirst typically yields between 4-8 glasses per day. Activity, gender, body size and climate will dictate the appropriate volume.

Maintaining appropriate hydration is essential for managing the best appetite.

Hunger is commonly masked by dehydration – so – drink before you eat.

Milk inclusion.

Most milk is OK relative to your tolerance.

However, below is a Brad Pamp table of best to least promoted milk choices.

- 1) Goats milk (loaded with healthy MCT's).
- 2) A2 Milk, full cream milk.
- 3) Almond unsweetened milk.
- 4) Maca milk (macadamia milk).
- 5) Full whole milk.
- 6) Dash of whole cream.
- 7) 1 tpn of organic butter.
- 8) Lite milk.

Australians are currently consuming excessive milk and the accompanying lactose (sugar).

Sweetening your experience.

If you genuinely enjoy or need a wean off sugar, please consider;

- ✓ Stevia.
- ✓ Monk fruit.
- ✓ Allulose.
- ✓ Dark honey.

Sweeten your drink & food using these healthy (in moderation) choices.

FAQ's

Does it matter if you break the fast for a day – No, and it will likely happen from time to time.

Does your daily time nourishing need to be exact – No.

Is it necessary to include the listed bridging choices – No.

How long does it typically take to feel comfortable with a 16–17 hour time restriction – 2–3 weeks.

Is hunger normal for the first few weeks – Yes, it is healthy. Employ the bridging tips.

Does time-restricted eating influence my exercise interests? – Yes & No.

I believe early morning exercise is best in conjunction with policing 60–75% of your sustainable max effort. A comfortable and conversational continuous pace is best.

Exercising at a strenuous effort will demand some post-exercise fuelling, e.g. banana (the greener the better), apple, pear, boiled eggs, and salt. Eating at this time following more arduous exercise will not break the fast – and – is essential for appetite balance throughout the day.

See further exercise details in the exercise section.

The fundamental meal principles.

Food type.

Choose,

- Whole authentic food in the most natural state (e.g. avoid juicing).
- Zero to minimal nutritional mismatched food (created or recreated food-like choices – particularly food-like choices with a change in the naturally expected caloric value). e.g. avoid food-like choices labelled; lite, low-fat, low-calorie, fat-free, protein backed, vitamin boosted, low-sugar, natural flavours, no-sugar, promoted by celebrities, a mascot and with a catchy 3-chord jingle.
- Mostly tolerant food – limiting typically intolerant food, regardless of diagnosis (e.g. gluten, lactose, lectin-containing, legume foods).
- Meals featuring natural dietary fibre, vitamins & minerals, polyphenols (antioxidants), lean protein, quality dietary fat (particularly MCT's), and just enough glucose (carbs) to maintain a healthy blood sugar balance.
- Low in sugar and avoiding all added added sugar.
- Food prepared by you (mostly).

Minimal Sugar – refined and natural (fructose)
Minimal gluten (wheat, barley & rye produce).
Minimal poorly digested food (some nuts, seeds, vegetables, legumes & fruits).

Volume and portion control.

- Portion to satisfy your appetite for 5-7 hours from the first daily meal to the second, and for 16-17 hrs, including sleeping, from the final daily meal to the next day's first meal.
- Disregard caloric value – portion to satisfy your appetite.
- Do not count calories.
- Start with a slightly lower portion than you consider typical and build up (day to day) based on your hunger response.
- Remember, your hunger or appetite will likely change from day to day, month to month.

Activity, seasons, stress, sleep quality, & cycles can change your appetite. Regardless, base your fitting portion on appetite satiation – not exact calories.

Since 1970, data shows most Australians (westerners) have evolved towards eating excessive calories. Accessible, highly manufactured and affordable food-like choices and constant convincing promotion have Australians eating more and growing larger than nature intended.

Whole real food contains natural and biological necessary toxins, which self-regulate volume.

E.g. regardless of how good whole real food may taste, typically, it is not possible to overeat this food. Real food regulates food behaviour.

Manufactured food, or nutritional mismatched food, fails to self-regulate portion control, typically encouraging far greater volume than is necessary.

Sugar, including fructose, also distorts innate food behaviour towards ideal portion control.

Consider eating;

- ✓ Slowly.
- ✓ With the addition of water (salt).
- ✓ Including or conclude your meal with a caffeinated drink (including MCT oil or Goats milk.
- ✓ Brushing your teeth after your last mouthful.

Repeatability

Please keep in mind the healthiest people on earth nourish with consistent meals.

Their meal choices are typically uncomplicated, seasonal, and similar day to day.

Preparing a weekly meal list and shopping routinely is best.

Planning is essential.

The first main meal of the day.

Consider the fundamental meal principles (page 9).

Does your choice meet this description?

Remember, it is your choice, both for food type and volume.

However, listed below are four proven healthy meal options.

Please tinker with the listed ingredients fitting your taste interests.

Enjoy;

- A porridge-like choice.
- An omelette-like choice.
- A fulfilling salad-like choice.
- A tropical-like choice.

Pampy's Porridge A healthy cereal (porridge-like) mix.	
<p>Adding to a 1L container.</p> <p>Purchase all ingredients from most supermarkets, including Woolies.</p> <ul style="list-style-type: none"> ✓ Lucky Linseed (Flax) Meal 300g. ✓ Woolies Almond Meal 400g. ✓ Macros Maca Powder 100g. ✓ Woolies Shredded Coconut 250g ✓ Cooking Oats (or GF choice when appropriate) 300g ✓ Macros Cacao Nibs 250g (only throw in 50-75g) ✓ Woolies Californian Walnuts 190g (only throw in 100g) <p>Shake & mix thoroughly.</p>	<p>Method</p> <p>➔ 1/2 - 3/4 cup of mix to bowl, adding 3/4 cup of water – more or less pending your microwave strength.</p> <p>You are aiming for a porridge-like consistency.</p> <p><i>This is an energy-rich choice, expanding when in your gut, so start with a more conservative portion and work up relative to your appetite response.</i></p> <p>➔ Microwave for 2.00 minutes.</p>

<p>Avoid</p> <ul style="list-style-type: none"> ⊗ Dried fruit. ⊗ Toasted muesli. ⊗ Chia seeds. ⊗ Weetabix. ⊗ Protein powder (shakes). <p>Do consider adding a small portion of psyllium husk or Metamucil.</p>	<p>Consider adding either berries of choice (frozen works), banana (the greener, the better), 1 tbsp raw dark honey.</p> <p>These additional considerations are additions only, so keep the portion conservative.</p> <p>Tweak the ingredients to your liking by employing the fundamental principles. Note the gut-friendly options, quality dietary fats, zero sugar, and high tolerance (for most).</p>
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BP's Omelette-like Choice. A healthy omelette-like creation.	
<p>Purchase all from most supermarkets, including Woolies.</p> <ul style="list-style-type: none"> ✓ Eggs – organic free-range are best. ✓ Options: Olive Oil, Avocado Oil, Coconut Oil or organic butter. ✓ Options: Goats milk, A2 milk, whole cream. ✓ Avocado. ✓ Goats cheese. ✓ Mushrooms. ✓ Basil, or any herb or spice (including chilli flakes). ✓ Baby tomatoes. ✓ Red onion or shallots. ✓ Sea salt. ☑ Eggs could lay claim to the most all-round nutritionally beneficial food choice 	<p>Method</p> <ul style="list-style-type: none"> ➤ Whisk eggs, adding a little salt (or any herb or spice). ➤ Prepare a pan with a healthy fat choice – I typically go for coconut oil. ➤ Evenly Add your eggs to your hot pan. ➤ After 2-3 minutes, add your ingredients to half the pan, including the goat's cheese (or sheep's cheese). ➤ Flip and turn the omelette until golden and cooked. ➤ I like to add a dash of Olive oil when serving and further s'n'p or garnish. <p>Again portion your ingredients to your appetite and liking – it doesn't matter.</p> <p>You can't get portioning wrong.</p> <p>We employ time-restricted eating and all-natural food. Therefore, naturally, you will portion appropriately with your metabolism (the creation of energy) doing the rest.</p>

	<p>If you match coffee (and MCT oil) with this meal, you can lower your meal portion. Typically an appetite is satiated or more prolonged when matching lean protein/fat (e.g. eggs) MCT's and caffeine.</p> <p>Tweak ingredients to your liking by employing the fundamental principles.</p> <p>You can add or subtract whatever you like as long it meets the fundamental principles.</p>
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<p align="center">BP's Protein Salad Choice. A healthy salad-like creation.</p>	
<p>Please choose your ingredients & volume.</p> <p>Employ the fundamental principles.</p> <p>For example:</p> <ul style="list-style-type: none"> ✓ All green leaf – filler lettuce & herbs. ✓ Cabbage ✓ Alfa alfa ✓ Cucumber ✓ Carrots ✓ Shallots and red onion ✓ Celery – excellent ✓ Capsicum ✓ Fennel – superstar ✓ Olives ✓ Tomatoes ✓ Beets or radishes - grated ✓ Avocado ✓ Ginger ✓ Sauergraut <p>I strongly recommend these excellent inclusions.</p> <ul style="list-style-type: none"> ✓ Goats cheese, Haloumi ✓ Red Salmon ✓ Tuna (in Olive oil) 	<p>Method</p> <p>Choose, prepare, and possibly contain your food, portioning to satiate your appetite.</p> <p>The animal protein (low in saturated fat) does not need to dominate the meal.</p> <p>Be sure to add a dash of good fat – Avocado oil, Olive Oil, Goats cheese or MCT oil.</p> <p>Adding a dash of healthy sea salt to salad-like meals is also recommended.</p> <p>Mix and mix ingredients daily, providing nutritional variety and culinary interest.</p> <p>Meal caloric value and the balance of macronutrients (carb/fat/protein) are of zero importance.</p> <p>If it is your appetite is satisfied halfway through your serving, finish your meal, containing for a future meal.</p>

<ul style="list-style-type: none"> ✓ Chicken or turkey breast ✓ Lean cuts of red meat ✓ Egg ✓ Sea salt, ground pepper, olive oil, lemon or lime juice. <p>Vinaigrette – Olive Oil, Apple cider vinegar, Dijon mustard, lemon juice.</p> <ul style="list-style-type: none"> • I strongly favour fermented food, including all kinds of vinegar. <p>Limit if not avoid.</p> <p><i>The main reason for most of these food choices listed as 'limit, or ideally, avoid' relates to the demands placed on the gut and the digestive challenges.</i></p> <ul style="list-style-type: none"> ⊗ Commerical grated cheese. ⊗ Commercial salad dressings. ⊗ Rice. ⊗ Lentils & whole chickpeas ⊗ (Excessive) Cous Cous & Quinoa (a little is OK). ⊗ Beans (kidney, cannellini, Red, Pinto & Soy) – unless pressure cooked and consumed in lower volume. ⊗ Corn. ⊗ Cashews & Peanuts. <p>Note – will eating this listed food cause you ill-health? In many cases, No. Any eating in moderation from time to time will likely be OK. But for now, choose other more tolerant options.</p>	<p>Go for it!</p> <p>Pick a...</p> <ul style="list-style-type: none"> ✓ Garden choice. ✓ Protein choice. ✓ Good fat choice. ✓ Seasoning choice.
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**BP's Fruity Yoghurt-like choice.
A healthy salad-like creation.**

Ingredients (choices).

- ✓ Coconut yoghurt (unsweetened).
- ✓ Natural Greek Yoghurt.
- ✓ Berries – all types of berries (Black, Blue, Straw, Cherries) – frozen choices work.
- ✓ Pear & Apple.
- ✓ Sunflower seeds.
- ✓ Linseeds (flax) seeds.
- ✓ Pepita Seeds.
- ✓ Pistacios.
- ✓ Macadmaias.
- ✓ Sesame seeds.
- ✓ Coconut, including the natural juice (enjoy the workout).
- ✓ Psyllium husk.
- ✓ Walnuts.
- ✓ Slivered almonds.
- ✓ Ground cinnamon.
- ✓ Chaga Mushroom extract.

Once again, you control the volume and portion.

Mix & match the listed choices.

The warmer months of the year favour this type of choice.

Linseeds (flax) are a superfood.

Grazing choices when necessary.

Fuelling, if necessary, between meal one & two.

Reason

- ✓ Avoid overeating at the last meal of the day.
- ✓ Avoid being drawn to a sub-optimal (usually sugar-laden) quick fix choice.
- ✓ Maintain prime cognitive function.
- ✓ Tide over the appetite without breaking healthy ketosis.

Keep in mind, if you are not hungry, don't eat.

Celery

Carrots

Walnuts

Blanched Almond

Pistachios

Boiled egg

Alkalising green drink

Herbal tea

Avocado and sea salt

Cottage cheese

Coffee (consider Chaga extract or dash of MCT's oil).

Last meal of the day

yes & no (or at least moderate) choices.

Yes

Oils	Fruit	Veggies
<ul style="list-style-type: none"> ✓ Olive Oil ✓ Coconut Oil ✓ Macadamia Oil ✓ MCT Oil ✓ Avocado Oil ✓ Walnut Oil ✓ Sesame Oil ✓ Red Palm Oil 	<ul style="list-style-type: none"> ✓ All berries ✓ Pear ✓ Apple ✓ Green banana ✓ Kiwi ✓ Avocado 	<ul style="list-style-type: none"> ✓ All green leaf ✓ Cauliflower ✓ Broccoli ✓ Broccolini ✓ Brussel Sprouts ✓ Bok Choy ✓ Cabbage ✓ Swiss chard
<p>Sweeteners</p> <ul style="list-style-type: none"> ✓ Stevia ✓ Inulin ✓ Monk Fruit ✓ Erythitol ✓ Raw honey 	<p>Noodle choices</p> <ul style="list-style-type: none"> ✓ Cappello fettuccine ✓ Shirataki noodles ✓ Cauliflower rice ✓ Zucchini noodles ✓ Carrot noodles ✓ Sweet potato noddles 	<ul style="list-style-type: none"> (superfood) ✓ Watercress ✓ Collards ✓ Kale ✓ Radish ✓ Celery ✓ Onions ✓ Leeks
<p>Nuts & Seeds (like)</p> <ul style="list-style-type: none"> ✓ Macadamia ✓ Walnuts ✓ Pine nuts ✓ Pecans ✓ Brazil nuts ✓ Coconut ✓ Chestnuts ✓ Linseeds ✓ Psyllium 	<p>Diary options</p> <ul style="list-style-type: none"> ✓ Goats milk ✓ A2 milk – whole ✓ Ghee ✓ Goat butter ✓ Coconut yoghurt ✓ Organic heavy cream ✓ Halloumi ✓ Goats cheese (superfood) ✓ Aged cheese 	<ul style="list-style-type: none"> ✓ Fennel (superfood) ✓ Chives ✓ Carotts ✓ Artichokes (superfood) ✓ Beets ✓ Okra ✓ Asparagus ✓ Sweet potato ✓ Spinach (superfood) ✓ Parsely ✓ Mint
<p>Olives</p> <ul style="list-style-type: none"> ✓ All of them 	<p>Alcohol</p> <ul style="list-style-type: none"> ✓ Champagne ✓ Red wine ✓ Aged spirits ✓ Gluten-free beer 	<ul style="list-style-type: none"> ✓ Mushrooms (superfood). ✓ Turnips ✓ Pumpkin ✓ Capsicum
<p>Kinds of vinegar</p> <ul style="list-style-type: none"> ✓ All of them 		

<p>All herbs & spices</p> <ul style="list-style-type: none"> ✓ Ground cinnamon ✓ Garlic ✓ Ginger ✓ Salt ✓ Pepper <p>Flours</p> <ul style="list-style-type: none"> ✓ Coconut ✓ Almond ✓ Hazelnut ✓ Cloud bread <p>Dark Chocolate High cocoa %.</p>	<p>Fish</p> <ul style="list-style-type: none"> ✓ White fish ✓ Salmon ✓ Tuna ✓ Prawns ✓ Crab ✓ Lobster ✓ Oysters ✓ Sardines (superfood) ✓ Anchovies <p>Fermented food</p> <ul style="list-style-type: none"> ✓ Sauerkraut ✓ Miso soup (real) ✓ Natural yoghurt ✓ Kimchi ✓ Tempeh ✓ Apple cider vinegar 	<p>Poultry</p> <ul style="list-style-type: none"> ✓ Chicken ✓ Turkey ✓ Eggs ✓ Duck ✓ Quail <p>Red meat</p> <ul style="list-style-type: none"> ✓ Beef ✓ Lamb ✓ Pork ✓ Venison ✓ Wild game
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no

<p>All manufactured highly processed food-like choices</p> <p>Nutritionally mismatched food</p> <ul style="list-style-type: none"> ⊗ Calorie change ⊗ Colour change ⊗ Flavour change ⊗ Smell change <p>Refined starchy foods</p> <ul style="list-style-type: none"> ⊗ Pasta ⊗ Rice ⊗ Potatoes ⊗ Milk ⊗ Bread ⊗ Corn chips ⊗ Pastry ⊗ Biscuits ⊗ Commercial cereals ⊗ Sugar ⊗ Agave ⊗ Splenda 	<p>Nuts & seeds</p> <ul style="list-style-type: none"> ⊗ Pumpkin seeds ⊗ Chia ⊗ Peanuts ⊗ Cashews ⊗ Goji berries <p>Milk products</p> <ul style="list-style-type: none"> ⊗ Sweetened yoghurt ⊗ Frozen yoghurts ⊗ Most commercial cheeses ⊗ Grated cheese ⊗ Protein powders ⊗ Ricotta <p>Grains</p> <ul style="list-style-type: none"> ⊗ Buckwheat ⊗ Barley ⊗ Corn ⊗ Spelt ⊗ Cornstarch ⊗ Popcorn 	<p>Oils</p> <ul style="list-style-type: none"> ⊗ Soy ⊗ Corn ⊗ Peanut ⊗ Safflower ⊗ Vegetable ⊗ Canola <p>Veggies (at least moderate)</p> <ul style="list-style-type: none"> ⊗ Peas ⊗ Corn ⊗ Legumes ⊗ Green beans ⊗ Beans ⊗ Tofu ⊗ Chickpeas ⊗ Edamame ⊗ Soy protein ⊗ Lentils
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<ul style="list-style-type: none"> ⊗ All soft drinks & juices ⊗ Maltodextrin 		
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A simple approach.

Step 1 Choose your protein	Step 2 Choose your filler	Step 3 Choose your nutrients	Step 4 Choose your additions
e.g. Red, White, Pink meat. Egg Healthy cheeses Remember, highly saturated fat (associated with protein) should be avoided.	e.g. <ul style="list-style-type: none"> ○ Zucchini pasta ○ Cauliflower rice ○ Sweet potato noodles ○ Grated radish ○ Fennel Snaps ○ Millet ○ Swiss chard (superfood) e.g. prep, add olive oil and salt and air fry for 10-15 minutes on 180'.	Whatever veggies you like – load up. Fermented choices No portion limit.	e.g. <ul style="list-style-type: none"> ○ Vinaigrette ○ Ginger ○ Garlic ○ Butter ○ Lemon & Lime ○ Oils, e.g. Olive oil, Avocado. ○ Herbs & spices

Cooking choices

- Air frying makes for super simple preparation.
- Baking – e.g. adding olive oil and salt.
- Panfrying – start with coconut oil and add your ingredients.
- The microwave is just for heating tv frozen meals.

Practice, tinker, change, trial and listen to your body and mind.

If you need more food, healthy food, food associated with wellness and natural fat-burning, please portion accordingly.

If you are unsure of your food choices, consult Brad Pamp.

Remember, your monthly testing will confirm your good choices.