

**Step 1**

7 days

Start each day with a coffee, adding ½ tsp MCT oil.

Eat lunch at midday – choose whatever.

Eat dinner before 7 pm – choose whatever.

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**Step 2**

7 days

Eliminate ALL food containing refined sugar – if it's sweet, it's out!

Eliminate ALL food made from barley, wheat, or rye – bread, pasta & cereal is out!

Fruit & spuds are permitted.

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**Step 3**

7 days

Schedule 10 minutes daily to hit your abs & back.

Press play and follow along.

I find early morning is best.

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**Step 4**

7 days

Hydrate with ginger before each meal.

Leverage caffeine, MCT, and a small portion of good fats (e.g. nuts)

Avoid unnecessary food exposure.

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**Step 5**

7 days

Schedule 35 minutes every day for rhythmic movement.

Don't push it too hard.

I know early morning is best (lifestyle permitting).

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**Step 6**

7days

All five steps every day for seven days.

No breaky, no sugar, ab set, hydrate, & a 30 min scoot.

Let Brad Pamp know you nailed the 6'n'6