

According to data, most men in the West currently eat more calories than they require!

Trial living on less calories than you currently consume.

Step 1 – practice the appetite-suppressing tricks below.

Step 2 – portion each meal $\frac{2}{3}$ of your 'normal' servings.

Eating fewer calories free from the listed tricks below will typically last 1-2 days until hunger emotions win the battle.

Losing this battle will typically result in eating for Australia and choosing all the foods we know causes most of the damage.

Suppressing the appetite and lowering blood glucose will boost healthy ketosis.

Healthy ketosis – metabolising stored fat as the prime fuel source (mentally & physically).

Step 1

Most humans eat until they achieve protein satiety.

A healthy appetite will switch off once this individualised protein volume is met.

Protein volume will be distorted by the addition of refined sugar and processed fats, which will encourage consuming more calories than is necessary.

Prioritize a clean, unprocessed protein, follow it with fibrous carbohydrates (veggies), drink water before, during, and after your meal, and then leave the rest to your brain's natural, healthy hunger.

Step 2

Combine caffeine & fat [MCT oil].

- A coffee adding ½ tsp MCT oil, or 1 tsp butter, will usually suppress your appetite.

Hydrate with bicarb soda (sodium bicarbonate).

- Start each day with a glass of water, adding 1 hydrolyte tablet.
- Alternatively, add ½ tsp of bicarb soda to water.
- Drink a bicarb soda drink 10 minutes before starting every meal.

Graze on healthy fat & sea salt.

- Between main meals, try a boiled egg adding sea salt & pepper.
- Alternatively, add a little cheese & sea salt to ½ an avocado.
- A handful of salted almonds or macadamia is worth trying.
- Try grazing a ½ cup of sunflower seeds.

Add fresh ginger to boiling water in your water bottle.

- Sip over hours and forget you're hungry – which – most of the time, you're not.

Brush your teeth as soon as you finish your last mouthful.

- Wash up, contain, and refrigerate all leftovers immediately after finishing your moderate and only portion.

Before eating, go for a quick walk.

- Test your hunger! Walk up a flight of stairs, wait for 5 minutes, and 9/10 you'll forget you were hungry.
- Near all easier, aerobic fat-burning exercise will stabilise the appetite.
- Easy 6/10 intensity exercise will boost ketosis and change the brain's interest in excessive, sugar-based food.

For example, volume to appetite satiation.

Breakfast: Boiled eggs, salt & pepper, coffee (MCT), water.

Lunch: Chicken, ½ avo, Cheddar cheese, Macadamia nuts, water.

Dinner: Salmon, Broc, Cauli, Zuch, butter, salt, water.