

-BP'S FIFO EATING PROJECT-



Disclaimer...

No one practising the listed 'eating away from home' menu has died from starvation.

Jamie Oliver did not contribute to the fifo menu.

The goal of Brad Pamp's FIFO menu is to limit consuming unnecessary calories, and calories that contribute towards poor health - including gaining needless weight.

Also, it is intended to prevent wasteful expenditure and to combat the brain's tendency to overeat when faced with an abundance of options, boredom from a busy lifestyle, and fatigue.

- ❖ We are nourishing just enough to keep our hunger at bay.
- ❖ Smaller, more easily prepared, and more repeatable choices highlight the week.
- ❖ Choices allow for travelling, limiting cooking appliances (microwave is needed) & skills.
- ❖ The listed menu plan is fit for Brad Pamp.
- ❖ The food choices offer you a guide for your own nourishment.

Starting my food bag;

- ✓ Full set of cutlery.
- ✓ Can opener.
- ✓ Large microwavable bowl.
- ✓ Sandwich bags.
- ✓ Water bottle.

❖ All food choices can be bought from Woolies, Coles or IGA.

Meal – early in the day.	Shopping list
<p>Hydrolyte – 1 tablet into 300ml water. Pampy's Porridge, 1L container;</p> <ul style="list-style-type: none"> - Cooking oats - Shredded Coconut flakes - LSA Mix <p>Stevia – 1 tsp. Ground cinnamon – 1/8 tsp. Coffee. High protein milk. MCT Oil – ½ tsp.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Hydrolyte (lemon/lime) - tablets. <input type="checkbox"/> Cooking Oats (750g). <input type="checkbox"/> Shredded Coconut (215g). <input type="checkbox"/> LSA Mix (200g). <input type="checkbox"/> Stevia (350g). <input type="checkbox"/> Ground cinnamon. <input type="checkbox"/> High protein milk (1L). <input type="checkbox"/> MCT Oil – Kickstart (Melrose brand). <input type="checkbox"/> High protein milk if refrigeration is possible.
<ul style="list-style-type: none"> ✓ Start with 1 hydrolye into 300 ml of water. ✓ Bowl ½ cup of Pampy's Porridge & ¾ cup pf water, microwaving for 2 minutes on high. ✓ Add 1 ½ tsp stevia & a generous dash of grown cinnamon, stirring through. ✓ Add ½ tsp of MCT oil to my coffee (either bought or self made [adding high protein milk]). <ul style="list-style-type: none"> • The sodium bicarbonate hit (hydrolyte) pre-meal (or exercise) balances my cellular hydration and eliminates thirst, a reason for overeating. I always drink before eating and exercise. • Oats are gut-friendly with trace gluten only, slowly digested, and low in sugar. • Mixing the oats with a clean protein & fat source, coconut & nut/seed mix, slows digestion and drives fullness on a low portion. • I flip honey (and fruit) for stevia, which still gives a palatable soft sweetness without the blood glucose spike. Stevia also reduces sweeter craves (and unnecessary) 'sweet' eating later in the day. • I include ground cinnamon being great for gut-health and the immune boost, along with managing my appetite and it adds great taste. • The higher the milk-protein ratio, the better. • The MCT oil has proven vital in reducing unnecessary hunger, improving gut health, and lowering collective inflammation. I have enjoyed the benefits of practising daily MCT for over ten years. 	

Alternative Meal (or lack of) – early in the day.	Shopping list
Hydrolyte – 1 tablet Coffee (black) MCT oil – 1 tsp. 5-10 Salted macadamia.	As above. <input type="checkbox"/> Salted macadamia.
<ul style="list-style-type: none"> • Ten years of trialling has me practising a fast about 2/7. • The coffee, MCT inclusion, & small macadamia portion does not spike blood glucose and leave mid-morning hunger. • The additional salt (macadamia) encourages further drinking to thirst – a good thing. • I won't practice a fasting-like model following more strenuous morning exercise. Harder exercise will typically boost my hunger, aiding the necessary recovery process. 	
Meal – midway through the day.	Shopping list
Hydrolyte – 1 tablet. Brown rice – zero gluten. Red Salmon, or Tuna in Olive Oil. Avocado (1) – small version. Sundried tomato in Olive oil (tbsp), or dried tomatoes. Salted Macadamia (4-8). Cumcumber. Capsicum. Add dash of sea salt. Garlic Aioli sauce – 1 tsp.	<input type="checkbox"/> Brown rice (125g) cups x 4. <input type="checkbox"/> Red Salmon (95g) x 4. <input type="checkbox"/> Tuna in Olive Oil (95g) x 4. <input type="checkbox"/> Sundried Tomato in Olive Oil, or <input type="checkbox"/> Dried tomatoes. <input type="checkbox"/> Avocado – bag of small version. <input type="checkbox"/> Garlic Aioli. <input type="checkbox"/> Olive Oil XV.
<p>✓ Microwave the rice, followed by warming up the fish choice, adding ½ a chopped cumcumber, ¼ chopped capsicum, macadamia's, (small) avocado) sea salt & aioli, mixing through. I may splash with additional olive oil.</p> <ul style="list-style-type: none"> • Brown rice is typically more fulfilling than white rice and yields a lower glucose response. • With more demanding exercise, I favour the 215g of salmon. Ideally, the 95g of tuna in olive oil with 1 cup of rice is fitting. • Adding 1 avocado increases satiating, good gut health and lowers inflammation. • I aim for one avocado a day. • I only include sundried tomatoes in olive oil - NOT CANOLA OIL. Otherwise, I favour the dried version. • I include Olive oil daily – whatever the meal. • Sometimes, I'll simply enjoy a stick of beef jerky, macadmia's and a black coffee. This combination will appease my appetite for hours & hours – yet, drive more mental & physical energy than I know what to do with. • Further, a tin of Sardines in Olive Oil ticks all my nutritional boxes. 	
Meal – ending the day.	Shopping list
Soup (300-400g) – must offer a protein-to-carb ratio of at least 60%. E.g. Protein 13g, Carb 21g. 1 tbsp sunflower seeds. Peppermint tea. Brush teeth – usually with baking bicarb soda.	<input type="checkbox"/> Woolies & Coles soups offer a variety. <input type="checkbox"/> Sunflower seeds. <input type="checkbox"/> Peppermint tea.

<p>✓ Microwave the soup, adding the extra's including additional seas salt.</p> <ul style="list-style-type: none"> • The protein ratio to carb must exceed 60%. • I may add a boiled egg, dried beef or cheese to increase protein portion. • I love adding the super healthy fats of sunflower seeds. Seeds help my sleep, add fullness & offer a crunchy treat to filling soup. • I clean my palate with a gut-healthy peppermint tea as soon as a finish the soup. Alternatively, I travel with the alkalising drink called Supergreens. • On finishing my evening drink, I signal the end of the days calories by brushing of the teeth - with bicarb soda. Yep, been doing this for years. • Of course, making your soup is best, which reduces additives and preservatives, along with a gut-filling balance of liquid and a protein. DON'T FORGET THE PROTEIN. • Pending cooking facilities, pan frying 2-4 eggs, adding a small cup of brown rice, avo, tomatoes & nuts is also a good evening choice. I enjoy adding a dash of balsamic vinegar to this meal option. • If I'm still hungry after my meal and brushing my teeth, I'll walk for 2 minutes, or do 10 body weight squats, which typically results in my appetite hibernating. 	
Grazing – throughout the day.	Shopping list
(Salted) Macadamia or Almonds. Babybell cheese. Box of boiled eggs. Dried meat – Jerky (never flavoured). Sardines in Olive Oil. Coffee or black tea.	<input type="checkbox"/> Almonds <input type="checkbox"/> Babybell cheese. <input type="checkbox"/> Jerky – non-commercial is best. <input type="checkbox"/> Eggs. <input type="checkbox"/> Sardines In OO.
<ul style="list-style-type: none"> • I'll graze only (on a small portion) to avoid falling extraordinarily hungry at the main meal or to avoid simple sugar, which can be challenging to portion control. • Never will I choose a (processed) carb-only choice. E.g. breakfast bar. • Again, protein or good healthy fat will feature. • I will always boil up a ½ box of eggs. Adding a little salt or pepper makes the perfect snack. 	

Summary

My eating away from home is boring and will not win culinary awards.

While it lists some food additives (enhancers) & preservatives, it prevents me from overeating and eating food high in sugar and complex gluten-based carbs.

It takes 'eating for the sake of eating' out of play – particularly when exposed to endless (average) food, boredom, and tiredness.

It encourages healthy ketosis – and the break down of stored fat as the prime fuel source.

With practice it has taught me that we can successfully live on half the calories we think we need.