

-the 21-day nutrition experiment-

Food for thought.

The purpose of the 21-day experiment is to change your food behaviour.

Your metabolism, appetite (food preference), hunger (appropriate portion size), and health, of course, will all alter.

Long-lasting mental and physical vitality, well-being, and metabolic efficiency that help you reach your optimum weight are better changes to your health.



I urge you to base your food decisions on the straightforward program principles.

Send me your options, and I'll respond with my opinion (and with any potential alternatives) on them.

If you want to see FULL menu plans I have prescribed, see links at the bottom of the program webpage.

Brad

Lets eat!

Step 1 – If you don't need to eat, don't eat.

Data shows that most people will benefit from a time-restricted eating (TRE) model for at least some time.

Most benefit from a daily 7hr eating window.

Logistics suggest that skipping breakfast is the most effective model.

Remember, a caffeinated drink does not break the fast – see weblink TRE Model.

I strongly advise trying the TRE model if you don't exercise much and your metabolic genetics aren't carbohydrate friendly.



Key health benefits.

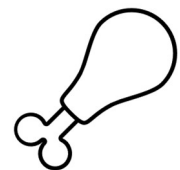
- ✓ Drive health fat-burning ketosis.
- ✓ Naturally lowers unnecessary daily calories.
- ✓ Changes eating habits to naturally regulate and program hunger and appetite.
- ✓ "Easy" adaption usually takes 3–4 days.

Step 2 – Choose your protein portion first.

Your entire foundations rely on dietary protein, namely, amino acids.

Healthy absorbable protein is essential for all bodily functions and brain functioning.

Your ability to control your hunger depends on protein - portioned appropriately.



What are protein choices?

1. All animal-based protein choices.

Red, pink, white & yellow, it's all good to go.

Select unprocessed cuts rather than heavily processed ones, which are typically unhealthy.

Some good examples are:

- White meat poultry, such as chicken or turkey breasts.
- Fish, especially fatty fish like salmon, lake trout, mackerel, herring, sardines and tuna.
- Pork tenderloin.
- Lean or extra-lean cuts of beef, such as sirloin or round cuts, greater than 93% lean ground beef.
- Eggs and egg whites.

A note on animal-based saturated fat.

Leave the fat on with minimally processed protein options.

Real fat is essential for managing hunger and consuming the proper amount of meals in the right proportions.

2. Some good examples of non-animal protein choices are:

- Tofu, lentils, chickpeas, Almonds, Chia seeds Wild rice, Nutritional yeast, Pea-protein powder.

Step 3 – Choose some “good” dietary fat.

Your ideal meal portioning is determined by your "small" (portion) of healthy fat and protein.

You won't experience needless hunger or eating since healthy fats provide long-lasting energy.

Fats drive optimum neural health and manufacture our critical hormones.



Some good dietary fat:

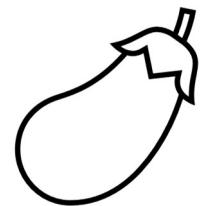
- ✓ Olive
 - ✓ Avocado
 - ✓ Almonds, Macadamia nuts, Pecan nuts
 - ✓ Goats cheese
 - ✓ Coconut
 - ✓ Unprocessed clean cuts of animal protein choices (noting, in moderation re pink & red meat)
 - ✓ Sardines, particularly in Olive oil
 - ✓ Seeds like, sunflower & pepita seeds
 - ✓ Eggs
 - ✓ Full-fat natural yogurt
- Reduced serving sizes are advised..

Step 4 – Veggies, load up.

You need dietary fibre, vitamins, and minerals to perform at your best.

All combinations work.

Choose whatever you want in the end because the volume is infinite.



- I am not going to list every vegetable known to man.
- Anything from a fresh grocer is good to go.
- Please try herbs & spices to flavour up vegetables.
- Salt & butter are also great options with your vegetable choices.

Note: Airfrying any vegetable in olive oil in seas salt is heaven.

Step 5 – Carbs, if you have any space left on your plate.

Ideally, you'll discover that you don't require many complex carbohydrates.

However, feel free to include options for root vegetables like parsnips, carrots, beets, and potatoes to your meals.

Keep the portion small.

Next, allow yourself to eat some bread and pasta if you still need more calories.

For the majority of folks, I really believe the less gluten, the better.

Making your bread & pasta is, of course, best.

A note on sugar.

Dietary sugar will not be beneficial to you if you don't exercise frequently or if your parents are naturally skinny.

The sometimes sugar choices.

The following whole fruit (avoid all juicing) is sometimes food.

- ✓ Apple, Pear, Kiwi fruit, Orange, all Berries, and Peach.



Avoid the rest, for now, including,

Basically, everything containing refined sugar.

- The obvious sweets
- Sauces
- Cakes
- Most packet based product
- Everything sold in a service station.

Step 6 - Alcohol

If you're keen on a beverage, comply with steps 1-4 first.

After ticking off steps 1-4, if drinking, step 5, carbs, is OUT. Oh, and enjoy your drink with zero refined sugar (mixers).

Key point: alcohol & carbs are a poor marriage.



Some choices better than others are:

- ✓ Beer – lager beer
- ✓ Spirits on the rocks – undoubtedly free from mixers like juice or soft drinks.

What are you waiting for,

Create a shopping list, prepare your meals, record and forward to me.

Remember to check the meal ideas in the links at the bottom of the program page.

BP