



PART 2  
Low-Carb.

## How it works.



### Action

### Page

1. Read through the program details.

3

Printing is often best.

2. Flick through the simple menu principles.

5

Note;

- a) Consider the key principles (YES/NO food) and design 'your' meals.
- b) Please stick to simple fresh produce,
- c) Consider additional mela flavouring via the listed choices.

Special note: 'Fasting' through a typical meal time is welcome, provided you do not fall hungry.

3. Data shows 90% of those successful rebooting utilised the food journal & reporting this practice to Brad Pamp – every six days.

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4. Use the menu as a shopping list.

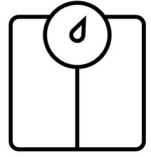
5. See the 'Exercise' recommendations.

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Brad Pamp

## Part 2 – Details

If you've made it to Part 2, I assume you're looking to improve your metabolism and body composition. Additionally, your metabolic metrics indicate that certain changes could significantly enhance your overall health.



### Why practice the 18-day part 2 section?

We are lowering your blood glucose and driving up healthy fat-burning ketosis.

Our key strategy is lowering dietary carbohydrates – both refined sugars and most complex grainy carbs.

We are changing your food behaviour forever towards innately favouring lower-portioned, lower-carb food.



It is crucial to note that Part 2 is especially important for individuals with insulin and leptin resistance. There are two primary reasons why people struggle with gaining weight (fat) and stubborn weight loss.

**Reason One** is insulin sensitivity, which refers to the body's inability to effectively process and utilize blood glucose (derived from dietary carbohydrates) for instant energy. Consequently, the body stores excess fat.

**Reason Two** is leptin resistance, a condition where the hormone leptin fails to recognise excessive body fat and regulate energy expenditure and appetite. This leads to increased appetite, decreased metabolism, and continued fat storage, making it difficult to maintain ideal weight.

Moreover, credible data suggests that achieving optimal health, including ideal weight, is nearly impossible without significantly reducing dietary carbohydrates, particularly sugar.

Last note – Part 2 nourishing philosophy is not recommended for athletes exercising daily and heavily. Data shows harder repetitive exercise is best with high dietary carbohydrates for most people.

One last time.

Part 2 works towards changing your food behaviour forever.

While you will experience near-instant physical improvements, changing your innate food habits towards healthy choices is our key goal.

## Part 2 - Meal Principles

1. Part 2 requires food (meal) forethought and time management.

- Meal consideration.
- Shopping.
- Preparation.
- Containing.

Maintaining Part 2 principles and eating on the run (or out) is nearly impossible.

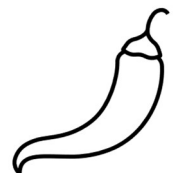
2. Practice the simple THREE-STEP process in selecting and preparing your meals.

- I. Protein.
- II. Fibre (Veg).
- III. Healthy flavouring choices.

3. Record your choices and forward to Brad Pamp every six days.

### A word on flavour.

The data shows that the food most damaging to metabolism is also the most flavourful – by design.



Much of this flavour has been industrialized, created, or recreated, and driving unnecessary calories.

Please choose fresh produce – free from ultra-processing – and consider additional flavouring by choosing the listed recommendations only.

## Daily Meals

### Breakfast

#### Options

1. Don't eat.
  - Consider kickstarting your day with a black coffee, a dash of full cream, and 1/3 tsp of MCT oil.
  - Alternatively, tea, green tea, herbal tea, or even boiling water with a fresh lemon.

That's it!

or

2. 1-3 Boiled Eggs, salt & pepper.
  - Eggs work!
  - Combine with a coffee and expect appetite satiation until lunchtime.
  - Boil & refrigerate to start your week.

### Lunch

- Portion to satiate.
- Eat enough to suppress your appetite for 5-6 hours.
- I'd like you to avoid snacking, so portion fittingly.
- Do not count calories!
- Providing you are complying with the principles, volume does not matter.
- Preparing, and or containing your daily lunch is best.

### **Step 1 – Protein**

- Choose your protein of choice.
- Choose fresh cuts, cook & contain.

### **Step 2 – Salad**

- Choose your leaf, adding a variety of typical garden veg, add cheese, like goat's cheese or halloumi and combine with salted nuts & seeds.
- Be creative and change it up day to day.
- Be sure to add the more satiating cheese & nuts.

### **Step 3 – Flavour**

- If you would like to add flavour, consider the healthy choices.
- Note – all commercial sauces should be avoided.

### **Step 4 – Waterworks!**

- I typically favour soda water, but tap water will do the trick.
- Further coffee, tea, herbal tea, lemon, lime or ginger etc in boiling water.

## **Dinner**

- If you don't feel like eating, don't! Again, be sure you don't leave yourself hungry.
- Again, you'll need to give a thought towards your evening meal.
- Shopping and preparation are almost always required.
- Follow the step-by-step method once again.
- Mix it up every night.
- Left overs serve a s great lunch the following day.
- Utilise the flavour menu to your liking.

### **Step 1 – Protein**

- Choose your protein of choice.
- Veg protein choices like tofu & tempeh are good choices.

- Choose fresh cuts, cook & contain.

### Step 2 – Vegetables

- Vegetables keep us alive. We need the vitamins & minerals they offer.
- Dietary fibre, while essential for regularity, it also boosts satiation.
- Dark-coloured leaf options are essential, e.g. purple cabbage & silverbeet.
- Choose your veggies, adding olive oil, butter and sea salt.
- Be creative and change it up day to day.
- Keep root veg like potatoes to once a week.
- The air fryer appears to be the most convenient cooking Allie.
- Cut em up, drench em in olive oil, throw on some sea salt, cooke em.

### Step 3 – Flavour

- If you would like to add flavour, consider the healthy choices.
- Note – all commercial sauces should be avoided.

### Step 4 – Waterworks!

- I typically favour soda water, but tap water will do the trick.
- Further coffee, tea, herbal tea, lemon, lime or ginger etc in boiling water.
- Red wine is permitted in Part 2 – in moderation (a glass an night).

### Choosing your meals.

## 'YES' FOODS

Choose food in its natural form (flavour),

Requires preparing & cooking time,

Food out of the ground or with eyes.

Oils	Noodle choices	Veggies	Fish
Olive Oil Coconut Oil	Cappello fettuccine Shirataki noodles	All green leaf Cauliflower	Whitefish Salmon



<p>Macadamia Oil MCT Oil Avocado Oil Walnut Oil Sesame Oil Red Palm Oil</p> <p><b>Nuts &amp; Seeds (like)</b></p> <p>Macadamia Walnuts Pine nuts Pecans Brazil nuts Coconut Chestnuts Linseeds Olives</p> <p><b>Kinds of vinegar</b></p> <p>Distilled white vinegar White wine vinegar Balsamic vinegar Champagne vinegar Rice vinegar Apple cider vinegar Sherry vinegar</p> <p><b>Fruit</b></p> <p>All berries Pear Apple Kiwi Avocado Coconut Tomato</p>	<p>Cauliflower rice Zucchini noodles Carrot noodles Sweet potato noodles Phyllium Husk</p> <p><b>Diary options</b></p> <p>Goats milk A2 Milk – whole Ghee Goat butter Coconut yoghurt Full cream Halloumi Goats cheese Cheddar cheese Tasty cheese Almond milk (unsweetened) Oat milk (unsweetened)</p> <p><b>All herbs &amp; spices</b></p> <p>Ground cinnamon Garlic Ginger Salt &amp; Pepper Tumeric Paprika Ultimately, all of them</p> <p><b>Flours</b></p> <p>Coconut Almond Hazelnut Cloud bread – see link.</p>	<p>Broccoli Broccolini Brussel Sprouts Bok Choy Cabbage - purple Silverbeet Watercress Collards Kale Radish Celery Onions Leeks Fennel Chives Carrot Artichokes Beets Okra Asparagus Spinach Parsely Mint Mushrooms Turnips Pumpkin</p> <p><b>Fermented food</b></p> <p>Sauerkraut Miso soup (real) Natural yoghurt Kimchi Tempeh Apple cider vinegar Fermented Capsicum</p>	<p>Tuna Prawns Crab Lobster Oysters Sardines Squid Anchovies</p> <p><b>Poultry</b></p> <p>Chicken Turkey Eggs Duck Quail</p> <p><b>Red meat</b></p> <p>Beef Lamb Pork Venison Wild game Kangaroo</p> <p><b>Legumes</b></p> <p>Chickpeas Black beans Green beans Kidneys beans Navy beans Tofu</p> <p><b>Alcohol</b></p> <p>Red wine Aged spirits</p> <p><b>Sweets</b></p> <p>Dark Chocolate - high cocoa %.</p>
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The carb value of some 'fibrous' vegetables, fruits, nuts, and even some protein.

Spinach: **1 gram of net carbs**, 2.5 grams of fibre, 3.5 grams of total carbs  
Lettuce: **2 grams of net carbs**, 1.5 grams of fibre, 3.5 grams of total carbs  
Asparagus: **2 grams of net carbs**, 2 grams of fibre, 4 grams of total carbs  
Avocado: **2 grams of net carbs**, 7 grams of fibre, 9 grams of total carbs  
Cucumber: **3 grams of net carbs**, 0.5 gram of fibre, 3.5 grams of total carbs  
Tomato: **3 grams of net carbs**, 1 gram of fibre, 4 grams of total carbs  
Cauliflower: **3 grams of net carbs**, 2 grams of fibre, 5 grams of total carbs  
Zucchini: **3 grams of net carbs**, 2 grams of fibre, 5 grams of total carbs  
Green pepper: **3 grams of net carbs**, 2 grams of fibre, 5 grams of total carbs  
Kale: **3 grams of net carbs**, 3 grams of fibre, 6 grams of total carbs  
Olives: **3 grams of net carbs**, 3 grams of fibre, 6 grams of total carbs  
Cabbage: **3 grams of net carbs**, 3 grams of fibre, 6 grams of total carbs  
Eggplant: **3 grams of net carbs**, 3 grams of fibre, 6 grams of total carbs  
Red pepper: **4 grams of net carbs**, 2 grams of fibre, 6 grams of total carbs  
Broccoli: **4 grams of net carbs**, 2.5 grams of fibre, 6.5 grams of total carbs  
Green beans: **4 grams of net carbs**, 3 grams of fibre, 7 grams of total carbs  
Yellow pepper: **5 grams of net carbs**, 1 gram of fibre, 6 grams of total carbs  
Brussels sprouts: **5 grams of net carbs**, 4 grams of fibre, 9 grams of total carbs

Turnips: **6 grams of net carbs**, 2 grams of fibre, 7 grams of total carbs  
Celeriac: **6 grams of net carbs**, 2 grams of fibre, 9 grams of total carbs  
Carrot: **7 grams of net carbs**, 3 grams of fibre, 10 grams of total carbs  
Onion: **8 grams of net carbs**, 1.5 grams of fibre, 9.5 grams of total carbs  
Beetroot: **8 grams of net carbs**, 2 grams of fibre, 10 grams of total carbs  
Parsnip: **13 grams of net carbs**, 4 grams of fibre, 17 grams of total carbs  
Sweet potato: **17 grams of net carbs**, 2.5 grams of fibre, 19.5 grams of total carbs  
Potato: **19 grams of net carbs**, 2 grams of fibre, 21 grams of total carbs

Eggs: **1 gram of net carbs**  
Cheese: **2 grams of net carbs**  
Cold cuts: **2 grams of net carbs**  
Avocado: **2 grams of net carbs**, 7 grams of fibre, 9 grams of total carbs  
Olives: **3 grams of net carbs**, 3 grams of fibre, 6 grams of total carbs  
Brazil nuts: **4 grams of net carbs**, 7.5 grams of fibre, 11.5 grams of total carbs  
Pecan nuts: **4 grams of net carbs**, 9.5 grams of fibre, 13.5 grams of total carbs  
Macadamia nuts: **5 grams of net carbs**, 8.5 grams of fibre, 13.5 grams of total carbs

Celery: **1 gram of net carbs**, 1.5 grams of fibre, 2.5 grams of total carbs  
Cucumber: **3 grams of net carbs**, 0.5 grams of fibre, 3.5 grams of total carbs  
Green pepper: **3 grams of net carbs**, 2 grams of fibre, 5 grams of total carbs  
Red pepper: **4 grams of net carbs**, 2 grams of fibre, 6 grams of total carbs  
Yellow pepper: **5 grams of net carbs**, 1 gram of fibre, 6 grams of total carbs  
Carrots: **7 grams of net carbs**, 3 grams of fibre, 10 grams of total carbs  
Low-carb dips and sauces: **0 to 5 grams of net carbs**  
Cream cheese: **4 grams of net carbs**

Raspberries: **5 grams of net carbs**, 5 grams of fibre, 10 grams of total carbs  
 Blackberries: **5 grams of net carbs**, 6 grams of fibre, 11 grams of total carbs  
 Strawberries: **6 grams of net carbs**, 2 grams of fibre, 8 grams of total carbs  
 Blueberries: **12 grams of net carbs**, 2.5 grams of fibre, 14.5 grams of total carbs  
 Heavy whipping cream: **3 grams of net carbs**

## Flavouring your meals.

<p style="text-align: center;"><b>Lemon Vinaigrette</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ¼ cup fresh lemon juice</li> <li><input type="checkbox"/> 1 small garlic clove, grated</li> <li><input type="checkbox"/> 1 tsp Dijon mustard</li> <li><input type="checkbox"/> ¼ tsp sea salt</li> <li><input type="checkbox"/> Ground pepper to taste</li> <li><input type="checkbox"/> 1/3 tsp honey</li> <li><input type="checkbox"/> ¼ EV Olive Oil</li> <li><input type="checkbox"/> ½ tsp fresh thyme</li> </ul> <p><b>Method</b></p> <p><i>Mix lemon juice, garlic, mustard, salt, pepper, and honey. Whisk in olive oil until emulsified.</i></p> <p><i>Alternatively, combine in a jar and shake. Add more olive oil if too tangy. Add thyme (optional) and season to taste.</i></p> <p><i>Store in the fridge for up to 1 week.</i></p> <p><i>Soften by letting it sit at room temp and stir before using.</i></p>	<p style="text-align: center;"><b>Greek Dressing</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ¼ cup extra-virgin olive oil</li> <li><input type="checkbox"/> 3 tbsp red wine vinegar</li> <li><input type="checkbox"/> 1 garlic clove, minced</li> <li><input type="checkbox"/> ½ tsp dried oregano, more for sprinkling</li> <li><input type="checkbox"/> ¼ tsp Dijon mustard</li> <li><input type="checkbox"/> ¼ tsp sea salt</li> <li><input type="checkbox"/> Freshly ground black pepper to taste</li> </ul> <p><b>Method</b></p> <p><i>Mix the olive oil, vinegar, garlic, oregano, mustard, salt, and a few grinds of pepper in a small bowl using a whisk.</i></p> <p><i>This dressing is perfect for making a Greek Salad.</i></p>	<p style="text-align: center;"><b>Apple Cider Vinegar Dressing</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ¼ cup apple cider vinegar</li> <li><input type="checkbox"/> 1 tsp honey</li> <li><input type="checkbox"/> 1 garlic clove, grated</li> <li><input type="checkbox"/> ¼ tsp Dijon mustard</li> <li><input type="checkbox"/> ¼ tsp sea salt</li> <li><input type="checkbox"/> Freshly ground black pepper</li> <li><input type="checkbox"/> ¼ cup extra-virgin olive oil</li> </ul> <p><b>Method</b></p> <p><i>To make the dressing, simply whisk together apple cider vinegar, maple syrup, garlic, mustard, salt, and pepper in a small bowl.</i></p> <p><i>Drizzle olive oil into the mixture while whisking, and continue whisking until the dressing becomes emulsified.</i></p> <p><i>Alternatively, you can combine all the ingredients in a jar with a tight-fitting lid and shake everything until well combined.</i></p>
<p style="text-align: center;"><b>Caesar Dressing</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup whole milk Greek yogurt</li> <li><input type="checkbox"/> 1 tsp extra-virgin olive oil</li> <li><input type="checkbox"/> 1 tbn lemon juice</li> <li><input type="checkbox"/> 1 tsp Dijon mustard</li> <li><input type="checkbox"/> ½ garlic clove, minced</li> <li><input type="checkbox"/> 1 tsp capers, minced</li> <li><input type="checkbox"/> Freshly ground black pepper</li> </ul>	<p style="text-align: center;"><b>Green Goddess Dressing</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 cup whole milk Greek yogurt</li> <li><input type="checkbox"/> 1 cup parsley</li> <li><input type="checkbox"/> 1 cup mixed soft leafy herbs, dill, mint, tarragon and/or cilantro</li> <li><input type="checkbox"/> 2 tbn chopped chives</li> <li><input type="checkbox"/> 2 tbn lemon juice, plus ½ tsp zest</li> </ul>	<p style="text-align: center;"><b>Tahini Dressings</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>¼ cup smooth tahini</li> <li>3 tbn water, more if needed</li> <li>2 tbn fresh lemon juice</li> <li>2 tbn extra-virgin olive oil</li> <li>1 tbn maple syrup</li> <li>1 tsp toasted sesame oil</li> <li>1 small garlic clove, grated</li> <li>¼ tsp sea salt</li> </ul> <p><b>Method</b></p>

<p><b>Method</b></p> <p><i>In a small bowl, you can whisk together the yogurt, olive oil, lemon juice, mustard, garlic, capers, and a few grinds of black pepper.</i></p> <p><i>Don't forget to season to taste afterwards.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 tbn extra-virgin olive oil</li> <li><input type="checkbox"/> 2 tsp capers</li> <li><input type="checkbox"/> 1 garlic clove</li> <li><input type="checkbox"/> ¼ tsp sea salt</li> <li><input type="checkbox"/> Freshly ground black pepper</li> </ul> <p><i>To make the dip, you'll need to use a food processor to combine a mixture of yogurt, parsley, mixed herbs, chives, lemon juice, zest, olive oil, capers, garlic, salt, and pepper.</i></p> <p><b>Method</b></p> <p><i>In a small bowl, whisk together the yogurt, olive oil, lemon juice, mustard, garlic, capers, and several grinds of black pepper. Season to taste.</i></p>	<p><i>To prepare the dressing, take a small bowl and whisk together the tahini, water, lemon juice, olive oil, maple syrup, sesame oil, garlic, and salt until you get a smooth mixture. If the dressing is too thick, add more water, half a tablespoon at a time until you achieve a drizzleable consistency.</i></p> <p><i>It is recommended to use really smooth, runny tahini for this recipe, not the dry, stiff kind that you might find at the bottom of a jar. Please note that the consistency of tahini can also vary from brand to brand.</i></p>
<p style="text-align: center;"><b>Ranch-like Dressing</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 cup raw cashews</li> <li><input type="checkbox"/> ½ cup water</li> <li><input type="checkbox"/> ⅓ cup peeled and diced cucumber</li> <li><input type="checkbox"/> 2 tbsp lemon juice</li> <li><input type="checkbox"/> 1 tbsp nutritional yeast</li> <li><input type="checkbox"/> ½ tsp garlic powder</li> <li><input type="checkbox"/> ½ tsp onion powder</li> <li><input type="checkbox"/> ½ tsp sea salt, more to taste</li> <li><input type="checkbox"/> ¼ tsp dried dill</li> <li><input type="checkbox"/> Chives, for garnish</li> </ul> <p><b>Method</b></p> <p><i>In a high-speed blender, blend cashews, water, cucumber, lemon juice, nutritional yeast, garlic powder, onion powder, salt, and dill until smooth and creamy.</i></p> <p><i>You can add more salt to taste, if you'd like. Finally, sprinkle some fresh chives on top and serve the dish.</i></p>	<p style="text-align: center;"><b>Balsamic Vinaigrette</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ¼ cup balsamic vinegar</li> <li><input type="checkbox"/> 1 tsp honey</li> <li><input type="checkbox"/> 1 garlic clove, grated</li> <li><input type="checkbox"/> 2 tsp Dijon mustard</li> <li><input type="checkbox"/> ½ tsp sea salt</li> <li><input type="checkbox"/> Freshly ground black pepper</li> <li><input type="checkbox"/> ¼ cup plus 2 tbn extra-virgin olive oil</li> </ul> <p><b>Instructions</b></p> <p><i>In a small bowl, whisk together the vinegar, honey, garlic, mustard, salt, and several grinds of pepper.</i></p> <p><i>Whisk olive oil into the other ingredients until well combined. Alternatively, shake all ingredients in a jar with a tight-fitting lid.</i></p>	<p style="text-align: center;"><b>Italian-like Dressing</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>¼ cup extra-virgin olive oil</li> <li>2 tbn white wine vinegar</li> <li>2 tbn lemon juice</li> <li>1 tbn finely chopped fresh parsley</li> <li>1 tsp honey</li> <li>1 tsp dried oregano</li> <li>1 garlic clove, grated</li> <li>½ tsp Dijon mustard</li> <li>½ tsp thyme</li> <li>¼ tsp sea salt</li> <li>Freshly ground black pepper</li> <li>2 tbn Parmesan cheese, optional</li> </ul> <p><b>Instructions</b></p> <p><i>In a small bowl, whisk together the oil, vinegar, lemon juice, parsley, honey, oregano, garlic, mustard, thyme, salt, and pepper.</i></p> <p><i>If you would like to add cheese, simply stir it into the mixture.</i></p>

Avocado Dressing	Honey Mustard Dressing	Lemon Olive oil
<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 ripe avocado, pitted</li> <li><input type="checkbox"/> ¾ cup water</li> <li><input type="checkbox"/> ¼ cup extra-virgin olive oil</li> <li><input type="checkbox"/> 3 tbpn lemon juice</li> <li><input type="checkbox"/> 1 tbpn fresh dill</li> <li><input type="checkbox"/> ½ garlic clove</li> <li><input type="checkbox"/> ½ tsp sea salt</li> <li><input type="checkbox"/> Freshly ground black pepper</li> </ul> <p><b>Method</b></p> <p><i>Blend avocado, water, olive oil, lemon juice, dill, garlic, salt, and pepper until creamy. Transfer to jar.</i></p> <p><i>If the dressing is too thick, add water until it reaches the desired drizzling consistency.</i></p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2 tbpn Dijon mustard</li> <li><input type="checkbox"/> 2 tbpn extra-virgin olive oil</li> <li><input type="checkbox"/> 2 tbpn apple cider vinegar or fresh lemon juice</li> <li><input type="checkbox"/> 1 tbpn honey</li> <li><input type="checkbox"/> 1 small garlic clove, grated or minced</li> <li><input type="checkbox"/> ¼ tsp sea salt, more to taste</li> <li><input type="checkbox"/> Freshly ground black pepper</li> </ul> <p><b>Instructions</b></p> <p><i>In a small bowl, whisk together mustard, olive oil, vinegar, honey, garlic, salt, and pepper.</i></p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fresh lemon</li> <li><input type="checkbox"/> EV Olive Oil</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> Maybe garlic</li> </ul> <p><b>Instructions</b></p> <p><i>Shake, rattle &amp; roll.</i></p>

## ‘NO’ FOODS

Avoiding all refined sugar & most complex carbohydrates.

For example;

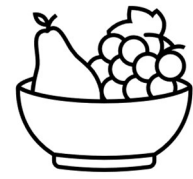
- Everything from a service station & vending machine
- All commercial mass-produced fast food
- All footy food
- All condiments – well, almost all.
- Biscuits, chips & cakes
- All commercial beverages, including fruit juice.
- All commercial cereal
- All bread
- Most canned food
- All flavoured dairy products
- All frozen meals
- All quick food, like noodles.
- All low cal, zero sugar products, particularly drinking options.
- Zero chewing gum, including the zero sugar options.

## Fruit!

While fruit is all natural, a necessary product of nature and absolutely essential for some people, for NOW, I'd like you to avoid ALL fruit.

If cravings move beyond tearing your hair out, consider;

All berries, apple, pear, and kiwi fruit only.



If complying with the listed limitations is challenging, return to Part 1.

It is difficult to adhere to them in the current Australian culinary culture.

<b>Nuts &amp; seeds</b>	<b>Oils</b>	<b>Sweeteners</b>	<b>Fruit</b>
Pumpkin seeds Peanuts Cashews Goji berries	Soy Corn Peanut Safflower Vegetable Canola	Sugar Agave Splenda All soft drinks & juices Maltodextrin	Banana Mango Watermelon Rockmelon Grapes Dried fruit
<b>Milk products</b>	<b>Refined starchy foods</b>	<b>Grains</b>	
Milk – skim Flavoured milk Sweetened yoghurt Frozen yoghurts Ice cream All margarine	Pasta Rice Potatoes Milk Bread Corn chips Pastry Biscuits Commerical cereals	Buckwheat Barley Corn Spelt Cornstarch Popcorn	

## Part 2 – Common experiences.

- If you are not hungry – don't eat.
- Most people report satiation for long periods after day 10 of this section.
- Once you hit a routine your appetite will often reduce – sometimes significantly.
- This is a good sign.

- You may commonly experience waking earlier than usual – this is also a good sign.
- You will likely find renewed and increased energy on less sleep.
- If you wake an hour before your alarm – get up – you are done!
- Going for a walk will superboost your fat-burning metabolism without sending your appetite into orbit.
  
- The listed lower-carb food matches well with caffeine (e.g. coffee & tea) to lower meal portions.
- Caffeine can suppress the appetite following lower portions of low-carb food.
- Caffeine is, however, NOT necessary in Part 2.
  
- Prioritize the additional dietary fibre inclusions.
- You may feel your movements are more delayed than normal.
- I strongly recommend adding psyllium husk daily for the 18 day Part 2.
  
- You might consider a sugar-less mint as sometimes low-carb eating can leave bad breath.
  
- Avoid more strenuous exercise – preferring more prolonged activity at your comfortable aerobic intensity.

# Your Food Journal

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Breakfast						
Lunch						
Dinner						
Meal	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Breakfast						
Lunch						
Dinner						
Meal	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Breakfast						
Lunch						
Dinner						

**Exercise recommendations.**

- Do not exercise too hard.
- Most movement is best at your conversational effort.
- Walking to jogging to rowing etc – it’s all good, but must be easy.
- Core exercises are also recommended – see Brad Pamp for video routines.

Notes;