



PART 3
Hunger Games

How it works.



Action

Page

1. Read through the program details.

3

Printing is often best.

2. Choose and plan your favourite meals from Parts 1 & 2.

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3. Consider the appetite-suppressing strategies best suiting you.

4-7

4. Record your meals and forward them to Brad Pamp weekly.

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Brad Pamp

Maintaining endless energy, good health, and an ideal weight can be achieved by consuming healthy, natural food in moderate amounts, combined with regular physical activity. However, it is important to acknowledge that this is not an easy task, especially when living in countries with industrialized food. Health data shows that it is nearly impossible to achieve this goal without consciously eating healthy and staying active.

The primary goal of Part 3 is to change your eating habits, particularly the number of calories you consume. Part 3 will assist you in developing eating habits that counteract the harmful effects of processed food on your health. Studies show that most people can function well by consuming only two-thirds of the calories they think they need.

Key points.

Please select your preferred meals from parts 1 and 2 that are easily prepared and logistically feasible.

I suggest gradually reducing your meal portions day by day. This can help you maintain a healthy diet without feeling like you're depriving yourself.

Try different appetite-suppressing strategies to find the best ones for you.

Note

- Starving yourself will result in failure.
- Do not lower the portion too low too early.
- Please consider your appetite can change from day to day.
- The day temperature, your energy output, and stress can change the calories you need on that day.
- Avoid harder exercise in Part 3.
- It's best to keep your effort well-controlled for part 3.
- Accepting the initial lowering of calories may not be easy.
- You will adapt over time. Again, lower daily with minimal portions.
- Be sure to remain busy throughout part 3.

THE HUNGER GAME STRATEGIES

#1 Prioritise optimum hydration.

Drink, low-calorie choices before, during and after food consumption.

- Water, and soda water appear to yield the best results.
- Trial adding the smallest pinch of salt to your water.
- Rock salt or Pink Himalayan salt are good choices.
- So small the portion it should barely be tested.

Fluids stretch the stomach walls, which slows the production of the hunger hormone ghrelin.

Data shows 9-10 people are, in actual fact, thirsty and not hungry.

#2 Caffeine works!

Enjoy caffeine just before your breakfast and just before your lunch if this suits you.

- Trial a 'natural' caffeinated drink before and during your meal.
- Coffee, Black Tea, Yerba Tea and Green Tea are good choices.
- Taste permitting, adding full cream milk could be better still.

Caffeine naturally increases (ever-slightly) the hormones cortisol and adrenaline, which can suppress the appetite.

Avoid commercial caffeinated drinks.

#3 MCT Oil

Trial ½ tsp MCT oil with your caffeinated drink.

- MCT oil is concentrated Coconut oil – free from the flavour.
- MCT appears to help fat metabolism, appetite control, and fight inflammation.

#4 Ginger/ lemon/ honey.

Mix freshly chopped ginger, lemon, and dark honey in boiling water.

Trial 1-2 cups during the day.

- Ginger can suppress the appetite.
- Lemon's cleansing effect can lower hunger.

5 Chia Seed Drink

1 tbsp Chia seeds

1 tsp honey

1 tsp fresh lemon juice

1 cup water

Shaking & refrigerating for 1 hour before drinking.

- Again, perfect for fat-burning and limiting the hunger hormone ghrelin.

6 Alkalising Drink

1 heaped tbsp of SuperGreens into boiling water.

Grassy powdered good choices: SuperGreens, AG1, Alkaline Greens, Vital Greens, Ultimate Greens.

I have been using Supergreens for more than two decades and it has been very beneficial for me.

- Green drinks can improve and establish a healthy pH.
- Furthermore, alkalising drinks, consumed directly after meals, typically switch off the hunger hormone ghrelin.

7 Eating order (matters).

Eat protein first, then consume your veggies & healthy fats, and finally eat your chosen carbs. This order can matter.

- Protein is typically chewy and fills the stomach more quickly.
- Stomach filling – and stretching – slows the appetite.
- The protein, fibre and dietary fats stabilise the blood glucose before the carbs arrive.
- The less aggressive the glucose spike, the better for most people.
- Oh, and eat slowly – combing your mouthful with water.

8 Dark chocolate.

If you truly need a 'naughty' sweet hit, please favour dark chocolate.

The darker and richer, the better.

- Dark chocolate typically brings less sugar, added flavouring and preservatives than both normal & white chocolate.
- With this, dark chocolate typically self-regulates volume and limits morish consumption.

9 Brush teeth

When you finish your last mouthful, leave the table, do what you do with your dishes, and give your teeth a good old clean.

Trial brushing your teeth with bicarb soda.

- On cleaning your teeth, the ginger drink would complement.
- The psycho-somatic influence of a clean mouth typically lowers the appetite.

#10 Salt

Don't be afraid to add a little clean salt to your meals.

- Unlike sugar, salt works towards reducing your appetite.
- Furthermore, salt naturally induces your thirst and the need to drink water.

#11 Fasting

Restrict calories within a 7-hour daily window.

The midday to seven pm eating window appears most appropriate for most people.

- Fasting maintains gut health and boosts healthy fat-burning ketosis.
- You'll be surprised how quickly your appetite will adapt to a 7-hour eating window.

#12 Allulose

Allulose is a sugar substitute.

Stevia, aspartame, saccharin, and sucralose are all sugar substitutes that contain no calories yet taste sweet while producing little to no blood glucose spikes.

Commercial brands leverage this data to sell products like diet (zero-sugar) drinks, sports bars, etc.

Data shows that most sugar substitutes do not satisfy cravings, causing people to overeat and seek out "real" carbohydrates to make up for the saved calories.

The exception appears to be 'allulose'.

If you enjoy sweet food, please trial sweetening with allulose.

Fyi, Brad Pamp – culinary day in the life.

2 Eggs, salt & pepper

Coffee, MCT oil, cream.

Or

Fast, settling for black coffee with a nip of MCT oil.

Soda water – a dash of rock salt.

Sourdough 2 slices

Hummus

Goat's cheese

Sea salt

Yerba mate Tea or ginger drink.

Alt – avo, biltong, salted macadamia nuts.

Soda water – a dash of rock salt.

Veggies mash up

OO

Sea Salt

Beef – no more than a palm size.

Supergreens

Brush teeth

Read

Box breath – Sleep

Part 3 - Scoreboard

Day	Early food	Midday food	Late day meal	Snacks
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				