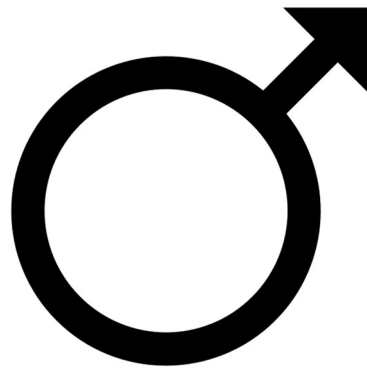


MEN'S HEALTH

-the 14-day appetite game-



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The goal of this 14-day project is to help you adjust your eating habits so that you consume only what your body needs in the appropriate amounts.

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The Key Principles

- Eat from the recommended list – and repeat this practice.
- Rehydrate as listed
- Exercise at your comfortable intensity
- Monitor your blood glucose via your CGM

Report your daily practice to Brad Pamp.

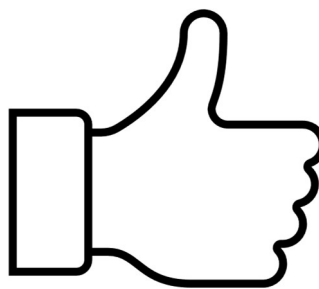
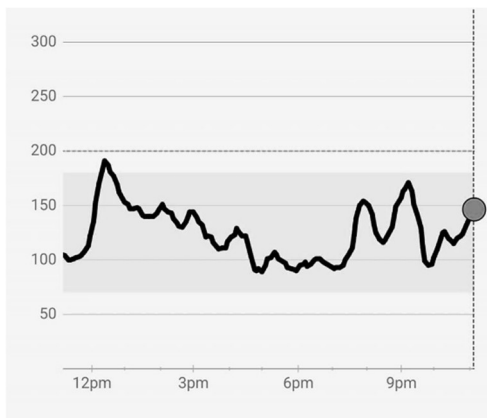
- ✓ CGM daily snapshot (the glucose flowchart)
- ✓ Compliance with the listed menu (or like-changes)

Reporting

Forward:

A) Daily glucose flow chart

B) Thumbs to reference meal compliance



"It's important to note that creating a universal dietary plan is impossible, as each individual has unique needs. Therefore, you will need to tailor your approach while staying within the provided guidelines".

"The closer you adhere to my recommendations, the better your results will be. If you have any questions or uncertainties, please don't hesitate to ask!"

- Brad Pamp

Starting with the activity/exercise rules.



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"I strongly recommend engaging in some form of daily structured activity"

Brad Pamp

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If you're currently out of regular practice, I suggest starting with walking and bodyweight exercises.

Walking: Aim to walk briskly for as long as you can manage.

Strength Training: For fitting bodyweight and dumbbell exercise routines, check out Pampy's Man Club.



Weblink: <https://bp40plus.com.au/mens50/>

Of course, don't overdo the exercise, but focus on movements that you enjoy and that make you feel good afterwards. Aim to feel good the next day as well. Most importantly, exercise at a level that doesn't significantly increase your appetite. You may need to adjust the intensity and volume from one day to the next.

NOTE: If you're practising for 30 minutes of continuous rhythmic activity, such as walking, and you enjoy coffee, I recommend consuming a cup of coffee before your exercise session. This can help enhance fat metabolism.

If you are already engaged in regular activity, such as cardio (including sports) or resistance training, there is no need for any changes.

However, I would advise against engaging in strenuous activities during these 14 days. Intense training can increase hunger—sometimes excessively—and may lead to cravings for sugary processed foods.

You can train hard, but try to avoid maxing out. If you lift heavy weights, be sure to consume some simple sugars before and immediately after your training, such as apple juice.

The key to managing your appetite while exercising over a 24-hour period is to consume some calories immediately after your workout. You have a 12-minute window to do this. Additionally, the harder you train or the closer you push to your maximum effort, the greater percentage of simple carbohydrates you should consume after your workouts.

I recommend against using sports nutrition supplement foods for this project.

Daily nourishment – 14 days.



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The goal of this plan is to naturally decrease your portions and overall daily calorie intake, while also reducing your desire for quick, unnecessary, and often processed food choices.

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Daily timeline

On waking...

- Boiling water, slice of fresh lemon, tiny pinch of bicarb soda.

Bicarb soda – the pinch is so small you should not taste the salt.

Results show that this combination best supports hydration and ultimately helps suppress appetite.

Breakfast nourishment

Pan frying...

- 1-3 eggs
- Nutritional Yeast (1/4 cup) – I recommend Bragg (purchased in Woolies)
- Sea salt - pinch
- Avocado - 1/2
- Goats or feta cheese - tbsn

Start with a portion that will suppress your appetite until 1 PM. Over the next 14 days, you will naturally adjust to what feels right for you. This may be as little as half of your starting volume.

- Coffee with either full cream or full milk, adding **MCT oil** and **ground cinnamon**.

Brush your teeth with baking soda immediately after finishing your coffee.

Mid-morning hydration

- A large pot of boiling water, fresh lemon, and a pinch of baking soda.

I also recommend 2 x magnesium glycinate capsules

We are rehydrating with water and 'minerals', which can suppress the appetite.

Lunch

You'll likely need to pre-plan (cook)

- Choose a protein source such as chicken, beef, lamb, pork, fish, or any type of seafood.
- Include a salad-like mix, such as a bean or lentil salad, and limit sugary sauces and dressings.

Green leafy vegetables are often not worth the space on your plate.

Enhance your salad-like mix by adding nuts and seeds. The best options include sunflower seeds, pepitas, macadamia nuts, almonds, pecans, and Brazil nuts.

When considering portion sizes, choose a serving that you believe will satisfy your appetite. I suspect that by day 10, this serving size will be smaller than what you chose on day one.

Dinner

- Choose a little protein – $\frac{1}{2}$ your lunch portion.

Again, choose clean cuts while avoiding sauces, dressings and marinades.

- Vegetables - all of them work; choose lots of them and mix them up night after night.

I recommend liberally drenching your veggies in either olive oil (or butter), sea salt and air frying for 10-13 minutes @ 180'.

- Carbs – choose; potatoes, sweet potatoes, brown rice and or some sourdough.

Don't overportion the carb portion, but be sure to include some carbs.

- On finishing your main meal, enjoy a 'small' portion of sweet carbs; e.g. dates, strawberries, dark chocolate, oats, apple & ground cinnamon.

Brush your teeth with baking soda immediately after finishing your last mouthful.

An optional late evening finishing drink.

- Herbal tea – green tea or fennel tea.

Go to bed!

