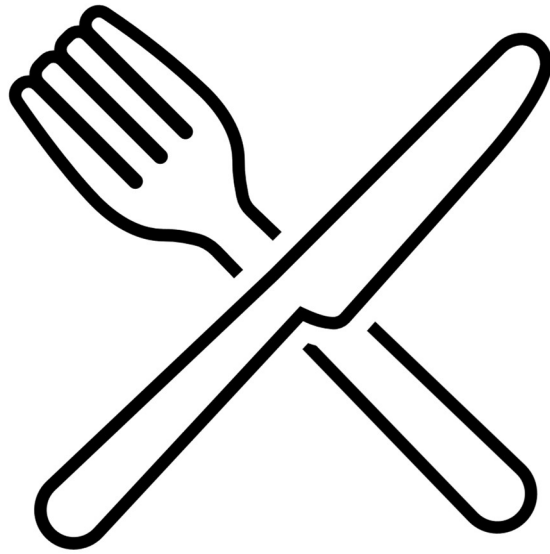


pampy's kitchen



This 10-week food plan aims to restore optimal health,
encompassing both mental and physical well-being,
as well as body weight and shape.

Before moving forward...

If you're reading this, you likely recognise that you may have a glucose imbalance, which could be contributing to your daily energy fluctuations, increased soreness, and uncomfortable changes in your body shape.

The aim of this proven program is to help restore your good health by addressing the health issues mentioned above. Data shows that compliance with the program leads to lasting improvements in health.

While the recommended foods naturally support adherence to the program, I acknowledge that it does present lifestyle challenges. The healthy food choices suggested may differ from your current eating habits and, in some cases, from your beliefs about food. This can be overwhelming for many people.

Managing a busy lifestyle requires prioritising food preparation time, which can be challenging. Unfortunately, our typical Western diet often undermines our health, making it essential to prepare many meals ourselves. If your lifestyle does not allow for the preparation and storage of the right foods on most days, this program may not be effective for you.

Furthermore, some of the nourishing concepts might be socially challenging. For example, when I suggest having dry periods without alcohol, there's a good reason for it. This can prove too challenging for some.

There's also the challenge of perceived boredom and the need for regular variation in meals. Unfortunately, I haven't found a way to avoid repeating many meals over the course of ten weeks. This approach not only makes logistical sense, but it also benefits your gut health and metabolism.

Ultimately, what I'm trying to say is that this program demands your genuine commitment, trust, and motivation. Sadly, I haven't found any other way to effectively restore good health. While certain appropriate medications and extraordinary exercise may help in the short term, my 30 years of data indicate that this formula is the only sustainable path to long-term health.

Unfortunately, you cannot simply do this halfway and expect to achieve enduring good health.

A handwritten signature in black ink that reads "Brad Pamp". The script is fluid and cursive, with the first letters of each word being capitalized and larger than the rest of the letters.

If you're still keen, please read on...

How to best use this program & booklet!

- 1) Ideally, have your current health assessed by Brad Pamp (this is not necessary to start).
- 2) Please understand the importance and value of measuring your blood glucose with a CGM – Continuous Glucose Monitor - over the first 14 days of this program (again, this is not necessary to start, but is strongly recommended).

See CGM link @ <https://bp40plus.com.au/food-plan-25/>

- 3) Flip through this booklet and understand why we are primarily considerably lowering our dietary carbohydrates and increasing our dietary good fats.

- 4) Follow the 'super-simple dietary criteria' on page 14

OR

Give further interest to some culinary options on page 15

OR

Follow (and repeat) the absolute 14-day listed dietary menu.

See Pampy's Kitchen @ <https://bp40plus.com.au/pampys-kitchen-menu/>

Why are we doing this?

1. To lower your health risk factors!

Like; Diabetes, cardiovascular diseases, chronic inflammation, premature cognitive decline, mental & emotional challenges, premature body aches & pains and obesity (or, carrying more body weight than was intended – whatever that means).

Furthermore; establish enduring daily mental & physical energy, sleep soundly most of the time, and reach, establish and consolidate your ideal healthy weight and shape.

2. Establish and strengthen healthy habits that serve you well without stress.

If you are relying on self-discipline to avoid the foods you truly love, you will ultimately struggle, and most people eventually revert to poor food choices. The only effective way to move forward is to change your attitudes and behaviours toward food, where little thought is required regarding how you will fuel your body each day. My data shows that it takes about ten weeks to make sustainable changes.

3. Education

The Continuous Glucose Monitor (CGM) is, without a doubt, the best non-invasive tool I've used professionally. It provides real-time insights into how different foods affect blood glucose levels. For example, if you notice that a specific commercial food leads to a significant and sustained spike in your blood glucose, you'll know to avoid that food in the future. All this information can be conveniently saved on a free app.



Often, I start with someone who genuinely believes their food choices align with maintaining good health through healthy options. This perception is common, especially when people see others making similar choices or when they encounter misleading labelling. Unfortunately, many food options that seem appropriate are often far from ideal. Additionally, genetics plays a significant role in understanding what foods are truly in one's best interest.

The CGM allows us to bespoke your best choices.

What you can expect during the program.

- It will likely take a few days to a couple of weeks to adjust to your new lifestyle schedule — this is normal. The whole preparation – advance planning – will take some time.
- Those close to you may also need some extra time to get used to your new routine — and that's perfectly fine!
- Initially, the change in your usual food choices may feel a bit strange. Of course it will!
- You may notice that your appetite will often decrease after day 4 — this is a good sign! Continue eating the listed foods, but in smaller portions.
- You might find it challenging to fall asleep after one week; however, this should regulate itself after two weeks.
- It's also common to feel a little flu-like after seven days — this is just a normal part of metabolic adaptation, and you are not actually sick.
- During week 3, you may encounter emotional challenges and feel tempted to eat outside of the program, believing that it doesn't matter or that you've reached your goal. This is a common experience. If you find yourself struggling, please don't hesitate to reach out to your support system for help.
- Your taste buds will begin to change and favour real food after two weeks, making you look forward to your new eating plan.
- You'll likely be faced with a social nourishing dilemma – relax – this will happen, and do the best you can.
- Week 3-5: Emotions (or lifestyle) might get in the way of your good work so far! This is normal and easily repaired – contacting Brad Pamp is a good idea – and recommended.
- You'll likely find that you have a renewed interest in physical activity relative to your ability; often, exercise may seem more appealing after two weeks. If you feel like moving, go for it!
- You can expect to see noticeable weight loss after 10 days, with further changes at the three-week mark and a more significant loss by week six — this can be a very motivating milestone.
- Around week seven, your weight loss may begin to plateau, which is a completely normal occurrence. It's important to stick to the program without resorting to drastic measures.
- By week eight, you'll be well into your new routine, and it will feel normal and enjoyable!
- By week ten, you will have shed much of the body weight you don't need. While you'll be pleased with your progress, it may not feel like a cause for a celebration — it will simply be a new reality.
- Your taste bud will change – now favouring real satiating choices.
- By this time, you'll have developed healthy habits that align with your natural state.
- Additionally, upon completion, you can expect an immediate adverse response from the less optimal choices we are modifying.. E.g. a runny nose, headache, gut aches, poor sleep, crankiness, skin reactions, falling unwell.



If you're still keen, please read on...

Your program overview!

This 10-week program,

- Is systematic & promotes routine.
- Will satiate your enduring appetite.
- Will help you form optimum food behaviour.
- Will require forward planning & preparation.
- Allows for choices outside the listed choices (every now and then).

Some considerations

- Those acknowledging their weekly compliance with BP have an 85% greater chance of achieving their end goal.
- Maintaining a food journal appears to enhance program success further.
- Ideally, see Brad Pamp as often as possible to assess and confirm your improving health.
- Except that Western industrialised food and lifestyle work against your best nourishment.

The fundamental healthy components of every proper global diet are;

- Real whole food.
- Regular healthy dietary fat.
- Fitting dietary protein.
- Food-based dietary fibre.
- Flavoured with salt & pepper, herbs and spices.
- Fitting hydration – usually making rehydration a priority.
- Portion to satiate for hours.

While avoiding,

- Low to minimal refined sugar & grainy starchy carbs.
- Food additives – ingredients change food colour, taste, odour & enduring preservation.
- Excessive alcohol.
- The mathematics of calories in vs. calories out – we will let this play out naturally.

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When we introduce refined sugar, food additives such as flavourings, colourings, emulsifiers, and aromas, along with cheap vegetable oils and industrial preservatives, it negatively affects gut balance, metabolism, and our natural appetite. While it's nearly impossible to completely eliminate these substances in the modern Western world, our goal should be to limit their intake as much as possible.

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Can we return to some of the food not featured in the program!

Yes! With improved metabolic tolerance, some foods like bread, pasta, and alcohol are better managed after ten weeks.

The mindset shift

The data clearly shows that much of the industrialised Western food, which is heavily promoted, accessible, and economical, causes significant damage to our health. Many people following this program face repeated challenges from the very foods we are trying to avoid.

Furthermore, research indicates that when we give in to industrialised food, our brains crave more.

Undoubtedly, you will need to find determination and strength during this program. Leaning on Brad Pamp's support can be very beneficial.

The social dilemma.

I have business engagements that often involve drinking, busy weekends, family dinners at my sister's house, days spent at the footy, vacations, and just plain old bad days!

Let's be real—if you're human, you will encounter similar situations.

So, focus on mastering 80% of your culinary choices to build a solid foundation when things are going smoothly and it's manageable.

Once you establish and practice your default diet for about 6 to 12 months, you'll find that your tolerance for "sometimes" foods significantly improves. Your metabolism will work more efficiently, and your body will be better at processing those indulgences.

So can I eat?

If I were to list all the foods you should avoid, this booklet would be 1,000 pages long. Therefore, if a food is not included in the 'go-to' list, it's best to avoid it.

For example, you won't find a meal consisting of three Weet-Bix, a banana, honey, orange juice, and a healthy muesli bar in this program. Similarly, a reheated meal promoted by an ex-athlete, which is marketed as high in protein, low in fat, and low in carbohydrates, will also not be included in this list.

Supplements will not be featured either.

Lastly, most people do not need large amounts of fruit, especially out-of-season varieties. For instance, summer fruits like grapes, mangoes, bananas, and all dried fruits will not be part of this program.

If you're still keen, please read on...

Our purpose over 10-Weeks

Fat adaptation is the process by where the body shifts from primarily using carbohydrates for energy to relying more on fat as its main fuel source. This typically occurs by following a high-fat, low-carbohydrate diet, such as the ketogenic diet.

Here's how it works:

1. Reduced Carbohydrate Intake: The diet limits carbohydrate consumption, which lowers blood sugar and insulin levels.

2. Glycogen Depletion: With fewer carbohydrates available, the body's stored glycogen in the muscles and liver diminishes.

3. Increased Fat Utilisation: The body begins to break down dietary fats and, importantly, stored body fat into fatty acids and glycerol.

4. Ketone Production: The liver converts some fatty acids into ketones, which can cross the blood-brain barrier and serve as an alternative energy source for both the brain and muscles.

5. Enhanced Fat Burning: Over time, muscles and other tissues become more efficient at oxidising fat for energy, supporting sustained physical activity and metabolic health.

The adaptation process can take several weeks and may lead to improvements in fat loss, mental clarity, and energy levels. However, transitioning to fat adaptation often involves an initial phase called the "keto flu," during which some individuals may experience flu-like symptoms as their metabolism adjusts.

When your blood glucose levels spike, your body has two primary options:

1. Use the energy (glucose) immediately through physical activity, like exercise.
2. Release insulin, which helps transport the glucose to muscles and the liver for storage.

Once these storage areas become full, insulin will direct any excess glucose to be stored as fat. This ongoing cycle can lead to inflammation, intermittent energy levels, fluctuations in appetite, and weight gain.

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Suppose you're interested in this program for managing weight and body shape. In that case, it's important to understand that while the type of food you eat is significant, the most critical factor is the balance between calories consumed and calories burned.

We will focus on avoiding excessive and regular consumption of carbohydrates, especially refined sugars and certain complex carbs, as these can spike blood glucose levels and subsequently increase insulin—a precursor to gaining unwanted body fat. Instead, we will replace these carbohydrates with healthy dietary fats, which produce almost no insulin spike.

Our primary goal is to choose foods that help you feel full for longer periods while allowing you to consume fewer calories, even if those foods are higher in energy density. This program aims to reduce or suppress your current appetite.

The Insulin response

For simplicity's sake, let's discuss your two energy tanks: and where you get your mental and physical energy from.

You can derive energy from your blood, specifically from blood glucose, as well as from a sugar reserve stored as glycogen in your muscles and, to a lesser extent, in your liver—approximately 2,000 calories worth.

Additionally, you can tap into your fat reserve, which is stored as triglycerides in adipose tissue (fat under your skin). According to my DEXA scan, I have about 60,000 calories worth of stored fat. It's worth noting that a gas analysis indicates I burn around 800 calories per hour while running.

How the two tanks respond

Sugar tank	Fat tank
Instant but limited energy	Endless energy
Inflammatory response	Low inflammatory response
Intermittently hungry	Balance appetite
Usually promotes fat gain	Leaves ideal healthy weight

What are the key ways to draw energy from your fat tank full-time (naturally)?

1. Less calories IN than OUT
2. Depress insulin spikes – mostly by reducing to a minimum your dietary carbohydrates.
3. Moving – increasing your energy OUT
4. Fasting (or sleeping) – you still need energy to stay alive

#2 – Depress insulin spikes

For those more insulin sensitive, my data has me believing that insulin balance (and suppression) holds the key. When the insulin (and usually blood glucose) is balanced and sits ~ 4.5.- 5.8 mmol/L healthy fat-burning ketosis is promoted.

So why do I promote (dietary) FAT first?

A simplified & relative analysis of blood glucose (and this insulin) spike!

- Relative speed of glucose spike

Refined sugar	100
Grainy & complex carbs like; bread, pasta & rice	80
(Animal) – predominantly, Protein	20
(Dietary) – predominantly, Fat	0

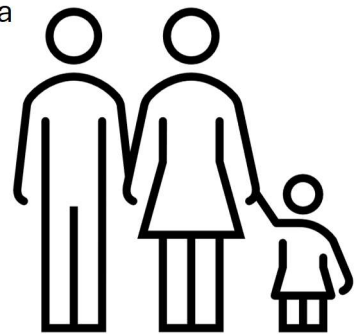
For most people, particularly those who are more insulin sensitive, data shows that avoiding dietary carbohydrates is the best approach.

Note: Alcohol, particularly beer and unmixed spirits, tends to contribute calories and can trigger a metabolic inflammatory response. However, from a blood glucose perspective, this is generally not a major concern. On the other hand, wine does cause a spike in blood glucose levels and should be taken into account.

NOTE – Do some people benefit from significantly higher dietary carbohydrate intake than others? Yes, about 7% of the world's population is highly insulin resistant. This means they metabolise blood glucose efficiently before the pancreas needs to release insulin. Additionally, some individuals may be exercising intensely and require quick access to energy, often in large amounts.

Genetics

Insulin sensitivity refers to the body's ability to effectively respond to insulin, a hormone that helps regulate blood sugar levels. High insulin sensitivity means that cells respond well to insulin, allowing glucose to enter the cells efficiently, which helps maintain normal blood sugar levels. In contrast, low insulin sensitivity, also known as insulin resistance, indicates that cells do not respond effectively to insulin. This can lead to higher blood sugar levels and an increased risk of type 2 diabetes and metabolic syndrome.



Genetics play a significant role in determining an individual's insulin sensitivity. Variations in specific genes can affect how cells respond to insulin, how the pancreas produces insulin, and how the body regulates glucose levels. For example, certain genetic variants are associated with a higher risk of insulin resistance and type 2 diabetes. These genetic factors can affect pathways involved in glucose metabolism, fat distribution, and inflammation, all of which impact insulin sensitivity.

Overall, while lifestyle factors such as diet, physical activity, and body weight are crucial in modulating insulin sensitivity, an individual's genetic makeup can predispose them to higher or lower insulin responsiveness, thereby affecting their risk for metabolic diseases.

"An overview—especially for those who are more insulin-sensitive."

We are;

Choosing to satiate your appetite with;

- Healthy fats
- Loads of vegetable fibrous carbs
- Some protein
- Salt, pepper, herbs & spices
- Prioritising hydration

There are three ways to do this.

Option 1 – check out how simple this is.

- Get up and Hydrate properly (see hydration strategy below)
- 2 eggs with salt @ 4/7 & Fasting 3/7
- Coffee (and throw in 1tsp of MCT oil)
- Meat & Bean/Tabouli Salad for lunch
- Jerky & Cheese to graze on if you need to.
- Veggies (inc lots of butter & salt) & Meat for dinner
- Brush your teeth straight after your first and only serving.

That's it!

Repeat 'something' like this for ten weeks!

A word on portioning

Portioning is entirely up to you and may change frequently. Serve portions that satisfy your appetite until your next meal. This program is designed to help suppress your appetite.

Several factors can influence your appetite, including the type and intensity of exercise, the day's temperature, your sleep quality, emotional state, seasonal changes, and even your menstrual cycle.

Remember to stay hydrated, serve yourself a moderate portion, and if you feel you need more food to fully satisfy your hunger until your next meal, feel free to eat.

Option 2 – same as above, with a little further explanation.

You design all 10 culinary weeks, complying with the following nourishing concepts.

It's best to use the Food Journal (eat it, write it) – found on the weblink.

On waking: starting to rehydrate.

Hydration

- Data indicates that many people are not hungry but thirsty.
- Additionally, those with higher than ideal blood glucose levels (and associated higher insulin levels) will experience increased thirst, which can manifest as hunger.

Why we prioritise hydration.

- Proper cellular hydration is essential for overall health.
- It helps regulate appetite, assists metabolic function by aiding in the excretion of unnecessary substances, and contributes to thermoregulation during exercise.

Our daily practice

- Start each day with boiling water, a pinch (tiny) of bicarb soda, and a slice of fresh lemon.
- I recommend a 1L Ceramic reusable bottle – like as made by Frank Green.

- Sip as motivated, but ideally finish before 9 am.
- Repeat this at 11 am.
- Drink to thirst only beyond 4pm. Ideally, it's best to back off consumption leading into your bed time.

It is likely that you have consumed around 2.3 litres of the solution each day.

Movement: If there are activities that interest you and are possible, consider incorporating some low-intensity, rhythmic, and continuous cardio exercises, such as walking or using an elliptical machine. Additionally, I strongly recommend starting with some safe and easy resistance exercises, which you can find for free on Brad Pamp's website.

Fasting: 3-4/ for the ten weeks, and can choose your days.

- Ideally, I'd avoid three straight morning (17-hour) fasting days.
- A coffee or tea is recommended – free from sugar or additives.
- Coffee – ideally, feel free to add whole cream milk if you enjoy.
- Additionally, 1 tsp of MCT oil (largely, unflavoured) can offer further enduring satiation and ultimately better fat-burning metabolism.
- And finally, a pinch of ground cinnamon to your coffee.

Breakfast: We are looking for a macronutrient ratio of something like; 70ish% fat: 30ish% protein:

In 'any combination you like;

Step One: Choose some healthy fat: Egg, Avocado, Cheese (Feta, Goat's Cheese), Nuts (salted macadamia, almonds, pecan, walnut), Seeds (Pepita, Sunflower), Nutritional Yeast, Olive Oil, butter.

Step 2 (Optional): Garlic, salt & pepper, green leaf, alfa alfa, tomato, capsicum, cabbage (purple), onion (red), bean sprouts.

Rehydrate from 10 am – see above

Lunch: We are looking for a macronutrient ratio of something like; 40ish% fibrous veg: 40ish% protein: 20ish% fat.

In any combination you like;

Step One: Choose a healthy fibrous filler: Bean salad, Beetroot salad, Greek Salad (and not forget the olives), Chickpea Salad, Tabbouli Salad, Avocado leafy salad, Lentil Salad, Radish Salad.

Note: e.g. Woolworths sells pre-made salads which, for the most part, fit our criteria – BUT be careful of sugary sauces.

Step Two: Choose your protein, e.g.: Lamb, Pork, Beef, Turkey, Chicken, Salmon, Tuna, Egg, Lentils, Chickpeas, Tofu

Step Three: Choose a little fat: Ev Olive Oil, Feta, Goat's Cheese, Nuts & Seeds, Coconut.

Step Four: Flavour with (sea) salt & pepper.

Grazing Choices: If you find yourself under-portioning your meals and feeling quite hungry between regular meal times, it's important to manage this to avoid overeating later or choosing sugary options, including all commercial sauces. To help with this, I strongly recommend occasionally snacking on some of the healthier choices available.

Graze choices: True beef jerky (not purchased at a service station, Cheese, nuts, seeds, carrots, celery, cucumber, hummus, berries.

Dinner: We are looking for a macronutrient ratio of something like; 30ish% fibrous veg: 40ish% protein: 30ish% carbohydrate.

In any combination you like;

Step One: Choose your vegetables – all of them qualify.

Cook them however you wish, but I recommend chopping your vegetables, adding olive oil and salt (or butter) liberally, and air-frying.

Step Two: Choose your protein – red, white, pink, yellow.

Step Three: Choose some carbs, e.g. potatoes, sweet potatoes, pumpkin, radish, celeriac, taro, fennel, turnips.

Step Four: Flavour with salt & pepper, herbs & spices.

Finishing hit (optional): feel free to enjoy a little dark chocolate (it must be at least 50% cocoa).

Or

Berries, natural coconut yoghurt, nuts (almonds) and ground cinnamon.

Option 3 – for those you like following detailed schedules – that work!

I've included a repeatable fortnightly culinary schedule.

Weblink - <https://bp40plus.com.au/pampys-kitchen-menu/>

Some people respond best when given clear and specific instructions. Reducing guesswork can increase compliance for many individuals.

Keep in mind that portion sizes are entirely up to you and your appetite. Eat as much of the selected food as you need to feel satisfied until the next meal, ensuring that you don't arrive at that meal feeling extremely hungry.

Of course, it's very likely that you'll need to make adjustments along the way.

Contact Brad Pamp throughout your adaptation period.