

Guidelines for the “Phoenix Protocol:” Always try to combine Lean protein with carbohydrates from fruit, green veggies, and whole grains. Eliminate trans fats and supplement omega 3 fats.

I. 2 liters of water/day. This is the minimum. Drink more when you are active.

- Flavored water or tea is fine as long as it is decaf.
- Dehydration and fatigue go hand in hand. Hydration is critical to success.
- Dehydration stimulates appetite. Hydration suppresses appetite.
- The first two weeks of hydration will have you running to the toilet 6 times a day. Hang in there. After two weeks, your body will start using the water, and your trips to the toilet will subside.

II. Eat 3 to 6 times per day. Portion control provides a way to customize the protocol.

- Breakfast & Lunch are essential. Your body starts burning calories when you 1st start eating.
- Breakfast & Lunch make all the difference for appetite in the evening.
- Never, never, never, ever, ever, ever skip Breakfast, Lunch, or Dinner!!!

III. Carbohydrates: 75 to 150 grams/day (example: 70 carbs grams x 4 calories/gram = 280 calories/day)

- Eliminate any carbs from refined sugar & white flours. These carbs significantly stimulate appetite.
- Carbs from fruit (except bananas) are preferred. These carbs provide a great boost of energy.
- Do not count, in daily totals, the carbs from veggies grown above ground (except corn, rice, & peas).
- Make sure dressings are low calorie.

IV. Proteins: 75 to 150 (100 grams/day for the average female)

- (example: 100 protein grams x 4 calories/gram = 400 calories/day).
- Low fat protein like whey, chicken, turkey, and fish work best. Otherwise, use very lean beef.
- Whey protein is a great appetite suppressant. 15 gram protein drinks work the best.
- Protein with a balance of carbs work great for appetite suppression and boosted energy.

V. Fats: 25 to 40 grams/day. (example: 30 fat grams x 9 calories/gram = 270 calories/day).

- Watch out for oils and butter. They are fats, and restaurants love to pour them on.

VI. Supplements: (cost per day = \$2.45). These supplements give your body what our food is lacking.

- * 2-3 Life’s Fortune Vitamins & Minerals/per day with breakfast. Great source of extra energy.
- * 4 grams organic flax oil with breakfast and dinner. Great for appetite appeasement.
- * 500mg Enzyme blend with breakfast, lunch, dinner for digestion and appetite appeasement.
- * 1 4X6 Acidophilus upon waking with .5 liter of water for optimal digestion.

If metabolic syndrome presents:

- * 300mg Alpha Lipoic Acid with Biotin for breakfast and dinner.
- * 500mg Reishi mushroom extract with breakfast and dinner.

Summary: If a typical female on a typical day follows the “Phoenix Protocol”, we estimate her metabolism shoots up to 1850 calories burned per day. Her meal planning provided 850 calories per day. Over a one week time period, she burned 12,950 calories and consumed 5,950 calories. Calorie deficit for one week equals 7,000 calories. To lose one pound of fat per week, you must burn 3,500 calories less than you consume. By following the “Phoenix Protocol”, she should have lost 2 pounds from fat tissue.

Complications: If appetite is increasing, she is going too fast. She needs to eat more or risk losing muscle tissue. On days she exercises, more calories are needed to assure she doesn't lose muscle tissue. If she is not losing weight on this protocol, metabolic syndrome is the likely culprit. We offer body composition analysis to track total body weight, muscle weight, and fat weight. We recommend once a week measurement.

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