

Guidelines for the “Phoenix Protocol:”

Low calorie, starvation diets that make you feel hungry all the time and tired all the time have a 95% long term failure rate. See the book “Why We Get Fat” by Gary Taubes for a thorough research of the history of dieting. A starvation approach to dieting will only slow your metabolism. This is how we evolved to survive famine.

Remember that losing weight is the first step. Keeping the weight off is just as important. The fat tissues are also storing toxins. We teach how to detoxify and change your hormones to achieve improved health, increased metabolism, and long term weight control.

I. 8 cups of pure water/day. Drink more when you are active. You must filter out the chlorine.

- Drink filtered tap water or filtered well water or Smart Water brand bottled water.
- The Clearly Filtered or Berkey with fluoride filter are great choices to remove fluoride & chlorine.
- Tea is a great choice. Now Better Stevia is a great sweetener.
- Dehydration and fatigue go hand in hand. Hydration is critical to success.
- Dehydration stimulates appetite. Hydration suppresses appetite.
- Try to drink 2 to 3 cups at least half an hour before meals, and 1/2 cup to 1 cup with meals.

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

- You must eat so your last meal will hold you for 12 hours until breakfast. Eating at night is very bad.
- Add protein and/or healthy fats to meals if you experience a drop in energy and/or increased hunger. **For Males** – start with double what is recommended for females, then go up or down.

III. Fats: For females, 60+ grams per day and 20+ grams per meal.

- 60 fat grams x 9 calories/gram = 540 calories/day
- Try to get at least 16 grams of fat from coconut oil per day.
- Olive oil, organic or natural full fat salad dressings are great choices. Drew’s brand available at Mama Jeans taste great. Try Caesar, Ranch, Italian, Chipotle Ranch, Raspberry.
- Organic, grass fed, cultured dairy like butter, cheese, sour cream, yogurt, cottage cheese are good.
- Avocado and nuts are good, but no peanuts.
- Fats from eggs that are from non-GMO fed chickens are good. Available at Mama Jeans.
- Avoid trans fats like margarine or deep dried foods.

IV. Carbohydrates: For females, 60- grams per day and 20- grams per meal.

- 60 carbs grams x 4 calories/gram = 240 calories/day
- Eliminate any carbs from refined & processed sugar, white flours, & starches.
These carbs cause fatigue and significantly stimulate appetite.
- Carbs from fruit should be one serving per day max.
- Veggies that can be eaten raw have very few calories. Eat as much as you like.
- Veggies that need to be cooked (wheat, corn, soy, sugar, beans) need to be restricted or eliminated.

V. Proteins: For females, around 60 grams per day and around 20 grams per meal.

- 60 protein grams x 4 calories/gram = 240 calories/day
- When trying to lose weight, try to get half of your protein from protein drinks and protein bars.
- When trying to lose weight, protein drinks & protein bars work better to control appetite than animal protein. Animal protein does not digest nearly as well or as completely as the protein drinks and protein bars.
- Animal protein should never be deep fried.

For questions please call 417-881-8600 or visit us at
www.Healthy-Weight-Supermarket.com 1366 E. Republic Road, Springfield, MO 65804

Eat Fat Get Thin book and cookbook by Mark Hyman MD are GREAT! His website is GREAT! Dr. Hoover on Motherearthlabs.com is also a wonderful resource for information on supplements. Wheat Belly 30 minute cookbook by William Davis, MD is excellent. Find all books on Amazon.

Exercise: Go to www.Essentrics.com and the video tab for great workouts. Go to Youtube and search for **Peak 8 or Burst Training** for a great exercise strategy. Walking on hilly terrain is even better. Moderate to light exercise is better than extreme.

Probiotics

The good bacteria that lives in your digestive tract that help digestion and nourishment. They also protect from what may be wrong with the food you eat. For the first 90 days, take 3 capsules of Probiotic Formula with ½ cup water at least two hours after your last meal. After 90 days, experiment with 1 or 2 capsules per day if budget is an issue. Increase the Probiotic Formula to 6 capsules for 3 days if you experience gas or indigestion. Or take Probiotics with 2 cups water when you wake and wait at least 1 hour to eat breakfast. Make sure your water is filtered of chlorine.

(\$20 for 90 capsules/1 month supply)

Supplement Planner #1

With breakfast, take ½ oz to 1 oz of Ph Balancer Liquid Alkalizing Red Formula (\$49 for 1-2 month supply)

Optional: with breakfast, take 1 tsp of Omega-3 fish oil. Higher dose helps with pain and stress. (\$24 for 2 month supply)

With breakfast, 5,000 Vitamin D3, with #1 Ultra Vitamin K w/ Advanced K2 Complex (\$6 per month)

With breakfast, lunch, and dinner take 1 capsule of Digestive Enzyme Formula. (\$16 for 90 capsules)

Optional: with breakfast, take 10 drops Lugol's Iodine in water. (\$16 for a 4 month supply)

Ideally, drink 2 to 3 cups of water 30 minutes before meals. Eat every 4 to 6 hours. Do not graze.

For better sleep & digestion, rub 1 to 5 drops magnesium oil into soles of feet or lower back when you wake & bedtime. (\$9 per year)

MEAL PLAN for most females and sedentary males

Daily targets: Fat > 60 grams. Carbs < 60 grams. Protein >= 60 grams.

Meal targets: Fat > 20 grams. Carbs < 20 grams. Protein >= 20 grams.

BREAKFAST: Any Whey Shake or non-GMO Eggs or Protein Bar & Drink with Coconut Oil

LUNCH: One portion from meal planner columns 1, 2, & 4. All you can eat from column 3.

DINNER: One portion from meal planner columns 1, 2, & 4. All you can eat from column 3.

We don't EVER want you really hungry, because this slows your metabolism, so you are burning less calories at the end of the diet. If you are hungry all the time and tired all the time, this means you are not eating enough or you are eating the wrong combination of fats, carbs, and proteins. You might be dehydrated also. Hunger and thirst both feel the same.

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Supplement Planner #2 if you eat two meals a day (Lunch and Dinner)

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Morning: close to when you wake...

- 1/2 to 1 oz Ph Balancer.
 - 2 to 3 cups of water with 10 drops iodine and 10 drops 400x. (Sip water throughout morning if u like).
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At least 30 minutes prior to lunch:
2 to 3 cups of water (optional) with 10 drops 400x.

Lunch:

(optional) 1/2 to 1 oz Ph Balancer.
5000 IU Vitamin D, 1# Vitamin K Complex, and 1# digestive enzyme then start eating.
(optional) 1 tsp high quality fish oil.
No more than 1 cup water or tea or coffee with meal. (Sip water throughout afternoon if you like).

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At least 30 minutes prior to dinner:
2 to 3 cups of water with 10 drops iodine and 10 drops 400x.

Dinner:

1 digestive enzyme then start eating.
No more than 1 cup water or tea or coffee with meal. (Sip water throughout evening if you like).

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Evening: At least two hours after last meal and at least 1/2 before sleep, Take # 3 probiotics with 1 cup of water. **The probiotics should be taken 365 days a year.**

Do GI UltraMax once or twice a year as a digestive cleanse. Add 1 scoop GI UltraMax to 4oz of liquid and shake or stir well. Drink quickly so it does not thicken. Then drink 8 oz water with 3 probiotics. The GI UltraMax should last one month.

Supplement Planner #3 if you eat three meals a day (Breakfast, Lunch, and Dinner)

Morning: close to when you wake and at least 30 minutes prior to eating breakfast ...

- 1/2 to 1 oz Ph Balancer
- 2 to 3 cups of water with 10 drops iodine and 10 drops 400x.

Breakfast:

5000 IU Vitamin D, 1# Vitamin K Complex, and 1# digestive enzyme then start eating.
(optional) 1 tsp high quality fish oil.
No more than 1 cup water or tea or coffee with meal. (Sip water throughout afternoon if you like).

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At least 30 minutes prior to lunch:
2 to 3 cups of water (optional) with 10 drops 400x.

Lunch:

(optional) 1/2 to 1 oz Ph Balancer.
1# digestive enzyme then start eating.
No more than 1 cup water or tea or coffee with meal. (Sip water throughout afternoon if you like).

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At least 30 minutes prior to dinner:
2 to 3 cups of water with 10 drops iodine and 10 drops 400x.

Dinner:

1 digestive enzyme then start eating.
No more than 1 cup water or tea or coffee with meal. (Sip water throughout evening if you like).

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Evening: At least two hours after last meal and at least 1/2 before sleep, Take # 3 probiotics with 1 cup of water. **The probiotics should be taken 365 days a year.**

Do GI UltraMax once or twice a year as a digestive cleanse. Add 1 scoop GI UltraMax to 4oz of liquid and shake or stir well. Drink quickly so it does not thicken. Then drink 8 oz water with 3 probiotics. The GI UltraMax should last one month.

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 MEAL PLANNER for Lunch and Dinner

COLUMN ONE = 20+ GRAMS OF PROTEIN	COLUMN TWO = 20- GRAMS OF CARBS	COLUMN THREE = CALORIE FREE FOOD
Protein Drink or Protein Bar (and/or) 3 oz baked chicken 3 oz ham 3 oz tuna in water 3 oz roast beef 4 oz salmon 3 oz turkey 3 oz pork chop 6 oz cottage cheese 3 oz broiled fish 3 oz sirloin tip 3 turkey sausage links 4 oz bay scallops 3 oz tuna salad 5 oz steamed shrimp 3 oz meatloaf 3 oz pork medallion 3 oz lean hamburger 3 oz ham steak 3 oz deer meat 3 oz pork roast 3 oz chicken salad Boar's Head deli meats from Harter House or Metro Deli meats from Mama Jeans are Great!	small sweet potato ½ c blackeye peas 1 c squash ½ c beets ½ c lima beans ½ c black beans ½ c red beans ½ c chick peas ½ c lentils ½ c great northern beans ½ c pasta 1 c lowcarb fettucini 1 c soup, ¾ cup brown rice, or ¼ cup Simply 7 quinoa chips 1/2 pc sourdough bread (Breadsmith brand from Mama Jeans, Harter House, Sams) 15 grapes pear small apple small peach orange ½ grapefruit 1 kiwi fruit papaya spear (only one serving fruit per day) Avoid sugar, wheat, corn, white potatoes, peanuts, soy if weight loss is stubborn.	Mustard mayo salsa celery broccoli cauliflower radishes cucumber green beans tomatoes sprouts onions lettuce spinach mustard greens red onion green pepper green onions green garden salad swiss chard mushrooms dill pickle bok choy

COLUMN FOUR = 20+ GRAMS OF FAT

COCONUT OIL AND HEALTHY FATS ARE CRITICAL TO SUCCESS.
 Make sure you have 20+ grams of fat in each of your meals. Mama Jeans stocks these healthy fats. Drew's brand salad dressing is great. Try Caesar, Italian, Ranch, Chipotle Ranch, or Raspberry. Organic grass fed Cheese, Butter, GMO free Eggs from Mama Jeans are GREAT choices! White Mountain full fat Bulgarian Yogurt is a great choice.

Olive oil, fish oil, all nuts except peanuts, avocados are also good choices. DO NOT try to go low carb without increasing healthy fats. Healthy fats increase metabolism. Extra Virgin Coconut Oil works the best. Use 1 or 2 tbs per day if possible. The role of healthy fats is to fuel every cell in your body to a higher metabolic state. Put the healthy fats in protein drinks, protein shakes, or protein oatmeal. Coconut oil is the best cooking oil.

Any Whey Shake with Coconut Milk

List of Ingredients:

1 cup Coconut Milk Unsweetened Vanilla
 1/3 cup Strawberries, frozen, unsweetened
 1 tbs Nutiva Extra Virgin Coconut Oil
 1 packet Stevia Balance Packet (optional)
 1 packet or scoop Any flavor whey protein

Instructions for preparation

1/3/ cup Cottage Cheese is optional . This adds 7 grams of protien .

Unsweetened vanilla almond milk can substitute for coconut milk .

Optional: Add 1 to 3 tbsp chia to coffee mug and add 1 tbsp of water and mix until water is absobed , add another tbsp of water to chia and mix until water is absorbed , add another tbsp of water to chia and mix until water is absorbed , add another tbsp of water to chia and mix until water is absorbed . Or add chia to 1/4 to 1/2 cup of water and stir then let sit for 30 minutes.

For anyone who is very active , add 1 or 2 additional tbsp of coconut .

For a chocolate peanut butter shake , use chocolate whey protein and add 1 tsp peanut butter .

Nutrition Facts

Per Serving
 makes 1 servings

Amount Per Serving	
Calories	284
Calories from Fat	168
% Daily Value *	
Total Fat 18.6g	29%
Saturated Fat 18g	90%
Cholesterol 5mg	2%
Sodium 56mg	2%
Total Carbohydrate 10.7g	4%
Dietary Fiber 3.5g	14%
Protein 18.3g	
*Percent Daily Values based on a 2,000 calorie diet. Your daily values may differ.	

Additional Information:

59.2% of calories from Fat
 15.1% from Carbohydrates
 25.8% from Protein

