

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 brand filter is a great choice to remove fluoride and 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 Active Males** – If you are still hungry after (or quickly after) your meals slowly increase protein and healthy fats until problem is solved.

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

- 60 fat grams x 9 calories/gram = 540 calories/day
- At least 16 grams of fat from coconut oil per day is best.
- 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, cultured dairy like butter, cheese, sour cream, yogurt, cottage cheese are good.
- Avocado and nuts are good, but no peanuts.
- Fats from Baxter Farm eggs are good. Available at Mama Jeans.
- Avoid trans fats like margarine.

IV. Carbohydrates: For females, less than 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.

V. Proteins: For females about 60+ grams per day and 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 or breaded.

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

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. If you have back pain, go to www.foundationtraining.com. Walking is great. Walking on hilly terrain is even better. Moderate 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 2 to 3 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. Wait 30 to 60 minutes to eat breakfast.

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

Supplement Planner

With breakfast, take 1 to 2 tablets of Life's Fortune Multi-Vitamin & Mineral.

(\$40 for 180 tablets or \$26 for 90 tablets)

With breakfast, take 1 to 2 gel caps of Mega EFA. Higher dose helps with pain and stress.

Optional with dinner, take 1 gel cap of Mega EFA. Higher dose helps with pain and stress.

(\$8 for 60 gel caps)

With breakfast, 4000 to 10,000IU Vitamin D3, with #1 Ultra Vitamin K w/ Advanced K2 Complex

(\$10 per month)

With breakfast, lunch, and dinner take 1 capsule of Digestive Enzyme Formula.

(\$15 for 90 capsules)

Garcinia Cambogia. Take 2 caps 30 minutes before breakfast and 1 cap 30 minutes before dinner

(\$15 per month)

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 5 drops magnesium oil into soles of feet when you wake & bedtime.

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 Baxter Farm 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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MEAL PLANNER for Lunch and Dinner

COLUMN ONE = 20+ GRAMS OF PROTEIN	COLUMN TWO = 20- GRAMS OF CARBS	COLUMN THREE = CALORIE FREE FOOD
<p>Protein Drink Protein Bar (and/or)</p> <p>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</p> <p>Boar's Head deli meats from Harter House or Metro Deli meats from Mama Jeans are Great!</p>	<p>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 ¾ cup quinoa</p> <p>1/2 pc sourdough bread (Breadsmith brand from Mama Jeans, Harter House, Sams)</p> <p>15 grapes pear small apple small peach orange ½ grapefruit 1 kiwi fruit papaya spear (only one serving fruit per day)</p> <p>Avoid sugar, wheat, corn, white potatoes, peanuts, soy if weight loss is stubborn.</p>	<p>Mustard light 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</p>

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 three meals.

Mama Jeans is a good choice for these healthy fats.

Drew's brand is great. Try Caesar, Italian, Ranch, Chipotle Ranch, or Raspberry.

Cheese and Butter and GMO free Eggs from Mama Jeans are GREAT choices!

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