

## Weight loss Procotol

- 1) Drink only water. No juice, coke, soda, alcohol, beer, soft drinks, sport's drinks
- 2) No sugar. This means no desserts, sweets or baked goods. Examples: candy, ice cream, cookies, cakes, pie, pastries, muffins, donuts
- 3) No bread, pasta, tortilla, rice, potato This includes wheat and whole grain products. Includes corn tortilla. Avoid all.
- 4) No flour or cereal Examples: crackers, pancakes, waffles, breakfast cereals, granola, granola bars, breakfast bars, "protein" bars
- 5) Eat only one or two meals a day. No snacking in between meals. Meals should be eaten within 6 to 8 hours of each other, so breakfast and lunch, or lunch and dinner.

Eat until satisfied any of the following: Meat, poultry, fish, seafood, eggs, non-starchy vegetables (green vegetables are best), avocado, olives, nuts, hard cheeses.

Basically, you can eat any animal or plant that is recognizable as such.

If it comes in a box or a bag, it probably is not good for you. If it claims to be a "health food" on the box, it's definitely not good for you.

A note about fruit: Fruit contains sugar and, therefore, should be limited to no more than one serving a day, preferably berries since they contain the least sugar. (strawberries, blue berries,

The three most important pillars of health and fitness are exercise, nutrition, and sleep. As such, here are a few book recommendations for each of these pillars: Nutrition "why we get fat and what to do about it" by gary taubes, "the complete guide to fasting" by jason fung, and "the obesity code" by jason fung Sleep "sleep smarter" by shawn stevenson, "why we sleep" by matthey walker Exercise - the barbell prescription by jonathan sullivan