

Below is a Lean-Up Protocol To Achieve Body Conditioning Sustainably, Without Burnout.

Protocol Winter into Spring, or Spring into Summer:

Goal:

5% - 6% body fat.

Reduction in bodyfat, weight management.

Carbs:

Tapering Refined Sugars to almost negligible levels.

Increase Natural Whole Food Fruit Sugars.

Medicinal Mushroom Tea and Triple Extract Tincture (Beta Glucans of Polysaccharides - complex sugars).

Calories other:

Reduce intake of fat calorie dense foods.

Training Weekly:

Hillrun 25/30 mins.

Hillsprints x 2 HIIT 5 mins.

Rollerblading 10km 1hr or 20km.

HIIT Rollerblading sprints 10mins.

Calisthenics 30mins.

Total: 2hrs 15mins weekly.

Metabolism:

Matcha Latte (inc for pre workout)

Cumin.

Raw Chocolate.

Foods high of Phosphorus.

Avocado.

Protocols:

Fast 15 - 26 hrs 1 day.

Carb depleted training 1 - 2 days:

(Big Breakfast then 3pm; raw chocolate snack or simply hydrate with only water before the cardio workout).

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I tend to limit my breakfast to:

1 X (Banana/Apple Smoothie, Ground Nuts, Chlorella)
Coconut meat until satiated.
Cups of Tea with coconut milk.

Hydration:

Additional 1.5 - 2litres filtered water daily.

Immune Support:

Beta Glucans of Polysaccharides.

Chlorella Broken Cell Wall; 1 teaspoon in daily smoothie (***Glutathione***, Vit A, C).

Super Oxide Dismutase from Chaga Extract/Tincture.

Melanin from Chaga.

Melanin uptake (Tyrosine and B6 facilitates Melanin uptake).

Avocado (boosts energy).

Optimize for nutrients:

Phosphorus.

NAD+. (peas, asparagus)

NADH. (Niacin B3)

Good Quality Sea Salt

Sucrose, Fructose in Fibre Matrix.

Omissions From Your Diet:

Bread.

Pizza.

Peanuts.

Pop Drinks/Soda. (Coca-Cola, RedBull etc)

Consult with your physician or specialist if you have any medical condition/s.