

Another Beautiful Life

COACHING

Weight Loss Protocol: How to create one that's right for you

WHAT IS A PROTOCOL?

A protocol is a food plan you create based on reducing your body's insulin. You want to consider meals, foods, frequency of eating, and quantities.

Choose a protocol that will benefit you physically. Remember that you want your main fuel source to be body fat.

Document your protocol and then commit to it for at least two weeks. Do not deviate from your protocol for any bites or licks.

Decide on an eating window to allow for intermittent fasting. A healthy program includes a six-hour eating window. Example: 12 pm–6 pm

BENEFITS OF INTERMITTENT FASTING

- Gives your body a break from insulin
- Allows you to experience and reset your hunger
- Creates mental discipline for coping with urges
- Teaches your body to be fat adapted and to rely on fat stores for fuel
- Increases insulin sensitivity
- Does not slow down your metabolism
- Helps with cellular repair
- Everyone fasts when they sleep
- By extending that time, we get more opportunity for fat burning
- You will not feel deprived or hungry if you are fat adapted

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HERE IS WHAT YOU HAVE TO EAT, AND NO MORE:

- Vegetables
- Meat or beans
- Fat
- Water

That list is your minimum requirement for food. Everything else is optional. When you say you have to eat, that is exactly what you are referring to. When someone has to give up drinking, they don't give up all beverages—just the ones that cause them issues (all alcoholic beverages). When someone gives up overeating, they don't give up all foods, but it might serve them to give up all the foods that cause them issues.

SAMPLE PROTOCOL

Eight-hour eating window: 12 pm–8 pm Lunch: salad with protein and fat

Dinner: veggies with protein and fat

Six-hour eating window: 12 pm–6 pm

Lunch: 8 oz. vegetables, 4 oz. protein, 1 T. fat

Dinner: 14 oz. vegetables, 4 oz. protein, 2 T. fat

AVOID

- Anything with flour (gluten free flours, nut flours, bean flours, corn starch, wheat germ, and guar gum)
- Anything with sugar (natural sugars, nectar, fruit flavorings, and syrups)
- Anything with trans fats (margarine, partially hydrogenated oils, deep-fried food, including chips and fries, non-dairy creamers, and popcorn)
- All processed, concentrated, and refined foods (all juices, smoothies, and alcohol)

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VEGETABLES

- Artichoke hearts
- Asparagus
- Beet greens
- Beets
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumber
- Dandelion
- Fall squash (delicata, acorn, pumpkin)
- Eggplant
- Garlic
- Green beans
- Greens
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnips
- Peas
- Peppers
- Potato
- Radicchio
- Radishes
- Snow peas
- Spaghetti squash
- Spinach
- Sweet potato
- Swiss chard
- Tomatillo
- Tomatoes
- Turnip
- Turnip/rutabaga/swede
- Watercress
- Winter squash (butternut)
- Yam
- Summer squash (yellow)
- Zucchini

GRAINS

- 1 oz. Cream of Rice (dry)
- 1 oz. Fiber One
- 1 oz. Grits (dry)
- 4 oz. Millet (cooked)
- 1 oz. Oat bran (dry)
- 1 oz. Oatmeal (dry)
- 4 oz. quinoa (cooked)
- 4 oz. rice (cooked)
- 1 oz. Shredded Wheat

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PROTEIN

- 8 oz. plain yogurt
- 8 oz. milk
- 2 eggs
- 2 oz. cheese
- 4 oz. cottage cheese •
- 4 oz. ricotta cheese
- 4 oz. chicken or turkey
- 4 oz. pork
- 4 oz. beef
- 4 oz. lamb
- 4 oz. fish or shellfish

Plant-based protein options:

- 8 oz. unsweetened soy milk
- 4 oz. tofu
- 8 oz. unsweetened almond milk
- 4 oz. tempeh
- 8 oz. non-dairy milk (hemp, flax, etc.)
- 4 oz. hummus
- 6 oz. lentils
- 2 oz. soy granules
- 2 oz. nuts
- 4 oz. shelled edamame
- 4 oz. veggie burger
- 2 oz. soy nuts (or dry- roasted edamame)
- 6 oz. beans (2 oz. roasted)

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FATS

- Avocado
- Butter
- Coconut butter
- Ghee
- Heavy cream
- Lard
- Mayonnaise
- Nuts (almond, macadamia, walnut, etc.)
- Nut butter
- Oil (avocado, fish, flax, MCT, olive, sesame, etc.)
- Olives
- Peanut oil
- Salad dressing (no sugar)
- Seeds
- Sour cream
- Tahini

UP TO YOU

- Dark chocolate (85% or higher)
- Artificial sweeteners
- Fruit

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Thought errors are thoughts that create unwanted desire and cause unwanted actions.

Here are some examples:

- Eating sweets is part of life.
- It's normal to eat to celebrate.
- I'll be left out if I don't eat with them.
- Food is delicious and meant to be enjoyed often.
- You must dine.
- Food is one of the most important pleasures of life.
- I need to have three full meals a day.
- Breakfast is the most important meal.
- Not loving food is abnormal.
- It's fine to eat it sometimes.
- Just this once.
- It won't matter.
- It's normal to overeat and be overweight.
- Cooking and eating with my family is love.
- All foods in moderation.
- Life would be terrible without delicious food.
- Food for the soul.
- There is nothing like a home-cooked meal.
- Celebrating with a meal is what matters.
- Parties without food or drink aren't fun.
- Cheating is fun.
- Food should never be boring.
- Food protocols are hard and painful.
- Cutting back is painful.
- Restriction is not normal.
- I should be able to eat everything I want.

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MY FOOD PROTOCOL

1. My eating window: _____

2. I will eat _____ full meals / day.

3. I will substitute _____ meal(s) with a green protein smoothie / day.

4. I will allow _____ snacks / day.

5. Foods I will NOT allow:

6. How much I will eat at each meal:

7. Exceptions:

8. My plan for urges and desires not on protocol:
