

4-HOUR BODY “SLOW CARB DIET”

Rule 1 – Avoid “white” carbohydrates (or anything that can be white)

Rule 2 – Eat the same few meals over and over again

Rule 3 – Don’t drink calories

Rule 4 – Don’t eat fruit (or anything with high sugar content)

Rule 5 – Take one day off per week and go nuts

Good Foods (*best fat burners)

Proteins

*Egg whites with 1-2 whole eggs for flavor

*Chicken breast or thigh

* Fish

Pork

Legumes

*Lentils

*Black beans

Pinto, red & soy beans

Vegetables

*Spinach

*Cruciferous vegetables (broccoli & cauliflower)

*Fermented vegetables (kimchi & sauerkraut)

Asparagus

Peas

Broccoli

Green beans

Mushrooms

Garlic

Optimal Eating Schedule (Monday-Saturday)

- **6:00 am** – Drink a glass of ice water, shower (half cold), make breakfast (decaf green tea with 1 teaspoon cinnamon, huevos rancheros, or spinach frittata)
- **10:00 am** - Snack (turkey bacon, lentils, green beans, or spinach)
- **2:00 pm** - Lunch
- **6:00 pm** - Dinner
- **8:00 pm** – 2 glasses of red wine (optional) and magnesium supplement

Binge Day (Sunday)

- Begin the day with a glass of ice water and a high protein/fiber meal
- Drink caffeinated tea at breakfast and a little grapefruit juice before the second meal
- Don’t take any supplements and do a little exercise

Common Mistakes & Misunderstandings

- Not eating within one hour of waking
- Not eating enough protein (especially at breakfast)
- Not drinking enough water
- Trying to get too creative with meal preparation
- Getting discouraged by the scale
- Overeating Domino Foods (nuts, chickpeas, etc)
- Hitting the gym too often
- Treating chores as exercise
- Rationalizing cheat food

Suggested Supplements

- **Policosanol:** 20-25 mg
- **Alpha-lipoic acid:** 100-300 mg
- **Garlic extract** (650+ mg)
- **Green tea flavanols** (decaf with 325 mg EGCG)
- **Magnesium** – 500 mg taken prior to bed

Prior to breakfast, lunch and dinner: AGG

Prior to bed: PAG (omit the green tea extract)

Refrain from supplements one week per month