Pick-a-Protocol Packet

Create the Best Food Protocol for YOU Based on the Three Pillars of "The Perfect Storm of Weight Loss"!

Deciding overall **WHEN** you will eat each day

Deciding overall **WHAT** you will eat each day

Deciding overall the **AMOUNT** you will eat each day

Table of Contents

Pick-a-Protocol Steps..... 1

Pick-a-Procotol Worksheet..... 2 & 3

Macro-Nutrients Diagrams..... 4 & 5

Pick-a-Protocol Steps

Goal: Pick-a-Protocol (Food, Time, Amounts) that you can ENJOY and that meets criteria of the Perfect Storm of Weight Loss--
all three aspects affect each other

Tasks: Watch the Following Steps from Perfect Storm Page:

- [ ] Step 1-- TFE #12: Introduction to the Perfect Storm
- [ ] Step 2-- TFE #13: Foundations of Your Protocol Part I
- [ ] Step 3-- TFE #14: Foundations of Your Protocol Part II
- [ ] Step 4-- TFE #15: Four Food Types & 80/20 Eating
- [ ] Step 5-- Weight Loss Lifestyle #63-- Macronutrients and Calories
- [ ] Step 6-- TFE #16, #17 & #18-- Pick a Protocol I, II & III

Optional: Print outlines and graphics from each of those. (Links to videos, outlines and graphics are @ donnareish.com/perfectstorm)

The Pick-a-Protocol Worksheet

Keto Life

Do/Don't Eat

- ☐ Eat 60-75% Fat: 20-25% Protein; 5-10% Carbs
- ☐ Eat meat, eggs, cheese, nuts, full fat dairy, non-starchy veggies, some berries, poultry, fish, avocado, olives
- ☐ Eat some "fake foods" like pork rinds, non-carb jerky, sugar free products
- ☐ No sugar, flour, starch (some almond flour, little coconut flour, sugar subs)

Willing to…

- ☐ Not have sugar and flour
- ☐ Not have cripsy/snacky foods
- ☐ Use sugar substitutes (or do without anything sweet)
- ☐ Stay on 98%--one controlled Fun Food Meal per week
- ☐ **Fast 14-16 hours**

Complexity/Adherence

- ☐ Not as complex as other counting as you simply cut out the macro of carbohydrates
- ☐ Difficult to adhere to; cheating will cost you weight loss and potentially cause gain

Other

- ☐ Good for someone who doesn't care for sugar or starches at all
- ☐ Can be expensive
- ☐ Good for cravings--greatly reduced without processed foods
- ☐ Can be hard on cortisol (stress) levels due to its severity; can be hard on serotonin if you don't derive any joy from this type of eating

Calories With Clear 80/20

Do/Don't Eat

- ☐ Eat 80% real foods (measured; not estimated)
- ☐ Eat a lot of lower calorie foods in order to fill you up, such as fruits, vegetables, egg whites, low fat yogurt, etc.
- ☐ Eat less than 20% Fun Foods per day (measured; not estimated)
- ☐ Eat a lot of protein and fiber to help fill you up
- ☐ Eat low sugar, flour, fat for your 80% (they "cost" too many calories)

Willing to…

- ☐ Measure and plan every bite of food
- ☐ Eat mostly real foods
- ☐ Eat from all macronutrients,
- ☐ Eat 20% of your calories in a non-real food but be able to stop
- ☐ Stay on 80% of the time (one Fun Food per day; one controlled **Fabulously Fun Food Meal** per week)
- ☐ **Fast 16-18+ hours** a day in order to limit total caloric intake

Complexity/Adherence

- ☐ Somewhat complex measuring food and counting every calorie
- ☐ Adherence is high if you fill yourself up with protein and fiber
- ☐ Always have a small, daily Fun Food to look forward to, again, increasing adherence

Other

- ☐ Good for someone who has counted calories successfully before & can measure accurately
- ☐ Inexpensive—few special foods needed
- ☐ Cravings can be high with daily Fun Food (high dopamine)
- ☐ Easier on cortisol (stress levels); can be more joyful approach for some

Macro-Nutrient-Counting

Do/Don't Eat

- ☐ Eat 80% real foods/20% may be Fun Foods (measured; not estimated)
- ☐ Eat meat, protein, eggs, egg whites, protein powder, etc. to prioritize protein
- ☐ Eat a lot of lower calorie foods in order to fill you up, such as fruits, vegetables, egg whites, low fat yogurt, etc.
- ☐ Eat low sugar, flour, and fat for your 80% (they "cost" too many calories and do not prioritize protein and fiber)

Willing to…

- ☐ Put your goals into a macro calculator and derive a calorie count per day and number of macro-nutrients from that calculator that will create a caloric deficit with mostly real foods
- ☐ Measure and plan every bite of food
- ☐ Keep meticulous records—either all three macros and calories; or at least calories, protein, and fiber
- ☐ Stay with real foods 80% of the time (one Fun Food per day; one Fabulously Fun Food Meal per week)
- ☐ Fast 16-18+ hours a day in order to limit total caloric intake

Complexity/Adherence

- ☐ Extremely complicated/analytical…but effective
- ☐ Adherence is high if you fill yourself up with protein and fiber
- ☐ Always have a small, daily Fun Food to look forward to, again, increasing adherence

Other

- ☐ Good for someone who has counted calories successfully before—though measuring food on a scale is recommended
- ☐ Not overly expensive but can cost some with protein powder, smoothies, etc., if you decide to get your protein that way
- ☐ Cravings can be high with daily Fun Food
- ☐ Easier on cortisol (stress levels); can be more joyful approach for some

No Flour/No Sugar

Do/Don't Eat

- ☐ Don't eat any flour or any caloric sweetener (this includes all flours, such as almond/coconut/oat, etc. and all sugars, such as honey, maple syrup, raw sugar, etc)
- ☐ Eat meat, starches, veggies, fruits, eggs, dairy, fats, beans, legumes, whole grains (oats, cereal grains, and other non-ground whole grains)
- ☐ Limit alcohol drastically
- ☐ Don't create imitations/healthier options for regular foods—just eat above items daily

Willing to…

- ☐ Not have sugar and flour except for one weekly controlled Fabulously Fun Food Meal
- ☐ Not have crispy/snacky foods
- ☐ Stay on 98%--one controlled Fun Food Meal per week
- ☐ Eat two or three times per day (recommended two times due to calories from full fat foods)
- ☐ **Fast 14-16+ hours**

Complexity/Adherence

- ☐ Not least bit complex; make a master food list and eat that and only that every day
- ☐ Adherence is extremely difficult—must be willing to never eat pizza or birthday cake or ice cream or anything except for one meal per week
- ☐ Must be willing to go out and order meat, starch, vegetable, salad---no breads, tortillas, desserts, breaded foods, etc. (except one meal a week)

Other

- ☐ Good for someone who doesn't care for sugar or starches at all
- ☐ Very inexpensive as you never buy or make a special food/special ingredients
- ☐ Good for cravings (if one can adhere)—greatly reduced without processed foods
- ☐ Can be hard on cortisol (stress) levels due to its severity; can be hard on serotonin if you don't derive any joy from this type of eating

Note: All protocols create a daily caloric deficit and include one weekly controlled Fabulously Fun Food MEAL (with boundaries--we must learn how to have a weekly "splurge" in a way that doesn't wreck our weekly deficit). All protocols also assume you are using the "Decide Ahead of Time" approach to food journaling.

CALORIES WITH LOW CARB (NOT KETO)

Do/Don't Eat

- ☐ Eat whatever you want as long as it is within your calorie deficit AND has between 50-100 net grams of carbohydrates total for day
- ☐ Eat a lot of lower calorie foods in order to fill you up, such as fruits, vegetables, egg whites, low fat yogurt, etc.
- ☐ No "Fun Food" calories are reserved as joy foods can come from some of your 50-100 grams of net carb
- ☐ Eat low sugar, flour, and fat while still maintaining your carb limit (they "cost" too many calories)
- ☐ Don't eat typical keto foods as they are too high in fat and will cost you too many calories

Willing to…

- ☐ Measure and plan every bite of food
- ☐ Eat mostly real foods
- ☐ Eat from all macronutrients, but prioritize low carb
- ☐ Stay on 95% of the time (one controlled Fabulously Fun Food Meal per week)
- ☐ **Fast 16-18+ hours a day** in order to limit total caloric intake

Complexity/Adherence

- ☐ Somewhat complex measuring food and counting every calorie/every carb
- ☐ Adherence is high if you fill yourself up with low calorie foods and "spend" carbs wisely
- ☐ The allotted carbs make it possible to enjoy a treat most days

Other

- ☐ Good for someone who has counted calories successfully before
- ☐ Good for someone who doesn't mind measuring and counting everything/"budgeting"
- ☐ Inexpensive—few special foods needed
- ☐ Cravings can be high if carbs are used for junk food each day
- ☐ Easier on cortisol (stress levels); can be more joyful approach for some

WW Point System

Do/Don't Eat

- ☐ Eat within points/system every day (no Fun Foods as these are built into your points)
- ☐ Have one meal a week to spend "weekly" points however you would like (or spread them out)
- ☐ Don't use exercise points unless extreme exerciser
- ☐ Eat a lot of lower calorie foods in order to fill you up, such as fruits, vegetables, egg whites, low fat yogurt, etc.
- ☐ Eat a lot of protein and fiber to help fill you up
- ☐ Eat low sugar, flour, and fat (they "cost" too many points)
- ☐ Don't eat too many low cal/sugar free/WW/Smart Choice, etc., foods as they can cause cravings and aren't as filling as real foods

Willing to…

- ☐ Measure and plan every bite of food/put it into WW calculator
- ☐ Eat mostly real foods
- ☐ Eat from all macronutrients, but prioritize low fat
- ☐ Stay on all the time—use your weekly points for special occasions
- ☐ **Fast 16-18+ hours a day** in order to limit total caloric intake

Complexity/Adherence

- ☐ Somewhat complex measuring food and counting every point; WW tools make it easier
- ☐ Adherence is high if you fill yourself up with low calorie/low point foods
- ☐ Always have your weekly points to look forward to, making adherence easier

Other

- ☐ Good for someone who has counted calories successfully before
- ☐ Good for someone who doesn't mind measuring and counting everything
- ☐ Moderately expensive—most WW people pay for the membership/app and special lower calorie foods, baking mixes, sugar free foods, etc. to get the "most bang out of their WW points"
- ☐ Good for someone who has trouble with typical processed foods—they cost you too many points and force you to make better choices
- ☐ Easier on cortisol (stress levels); can be more joyful approach for some
- ☐ Can be too low fat/higher carb for many women

Notes:

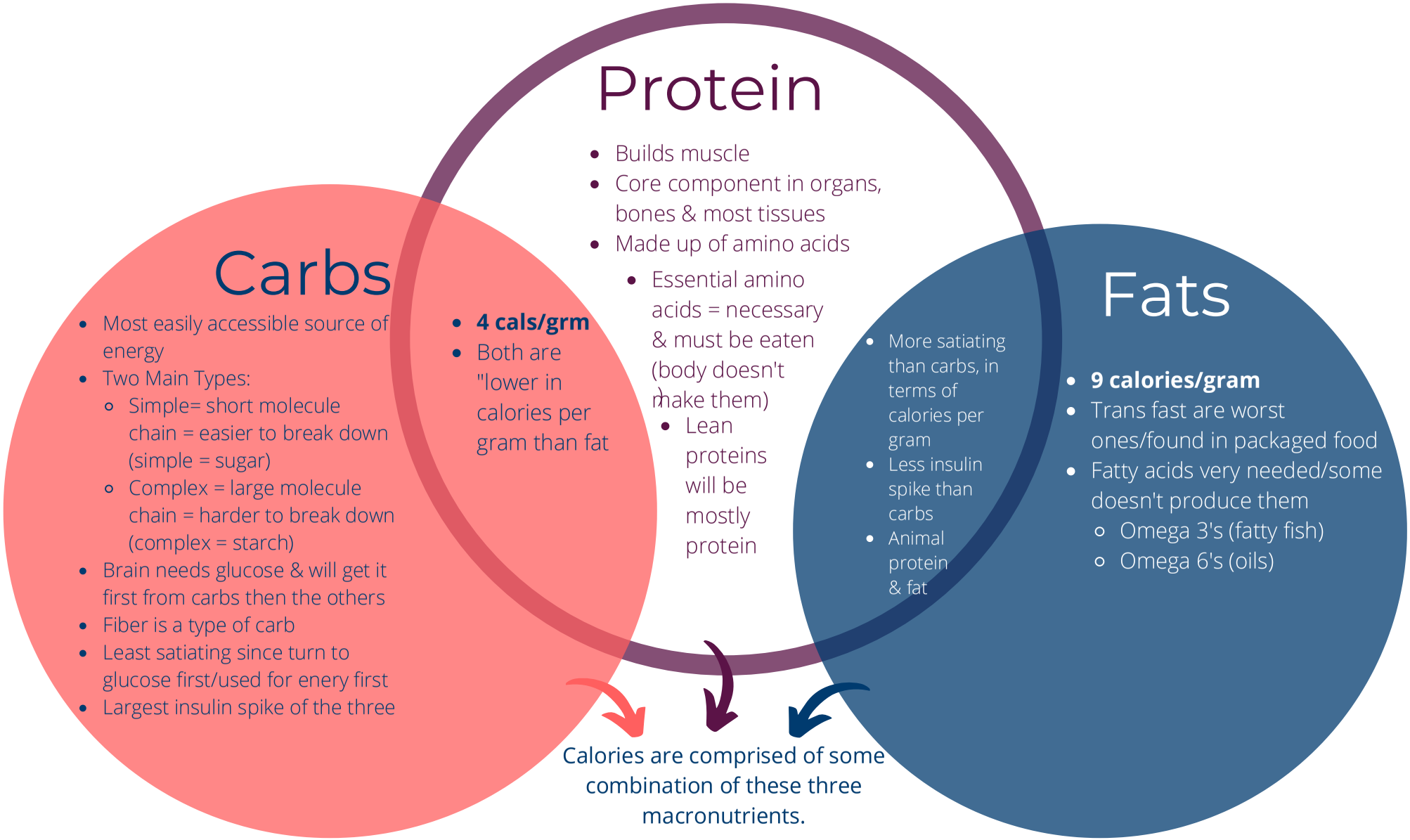
1) If a client wants a protocol not listed here, I can help you! We will work together to design one that meets your needs.

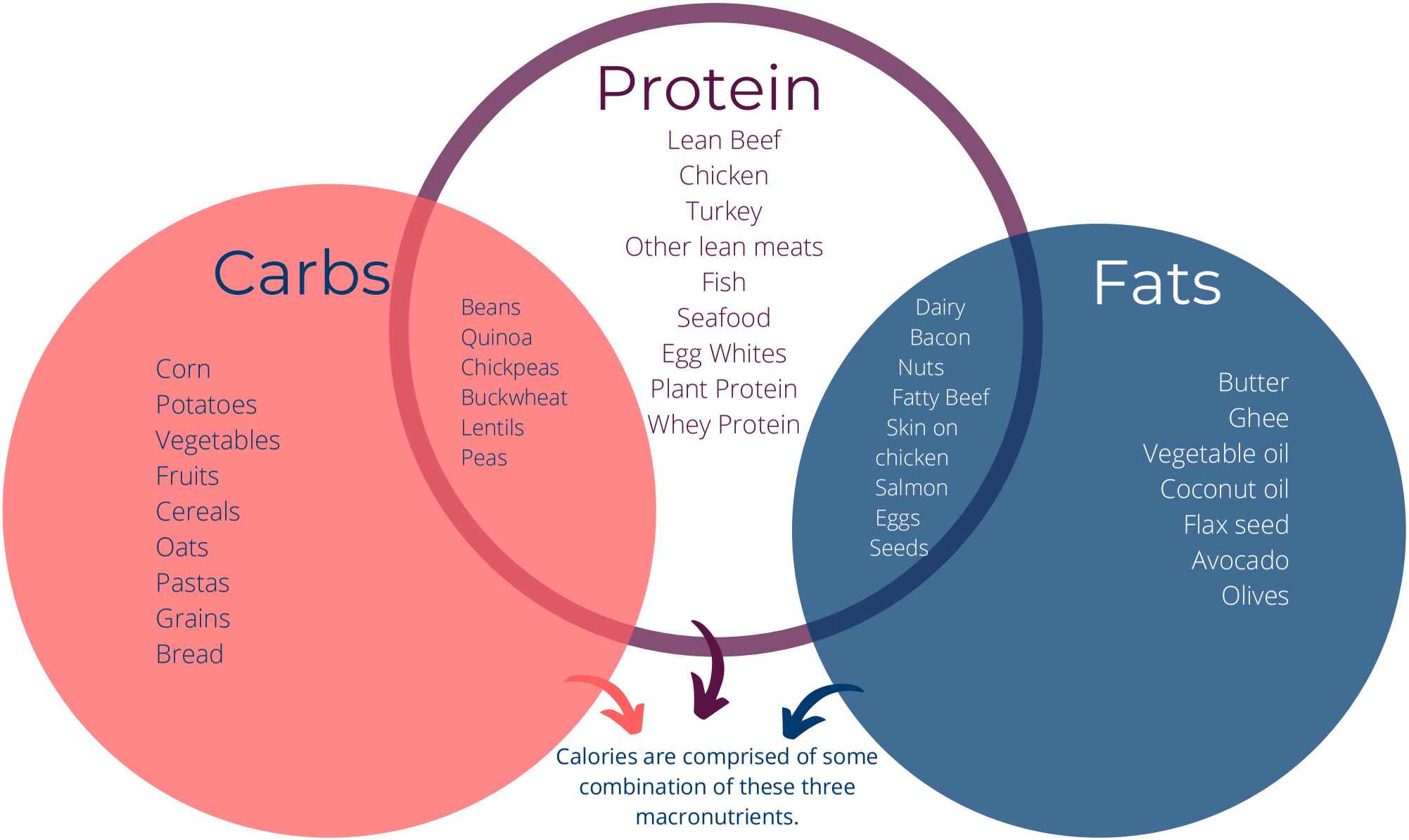
2) If you desire to do Paleo, vegan, vegetarian, or any other food protocol that is already laid out for you but not listed in this packet, you will likely need to add another boundary/way of measuring beside just those food lists. We can add this right at the beginning, or you can wait and add another boundary if/when your weight loss stalls.

3) You can change protocols! It is best to be on a protocol strictly/following it exactly for two weeks or more before changing. But "protocol switching" is a thing and definitely helps some people jump start weight loss when things slow down.

Weight Loss Lifestyle #63

Macro-Nutrients and Calories I



Weight Loss Lifestyle #63

Macro-Nutrients and Calories II