

DAY 28

Hi All,

It has been great to hear the fantastic results. Weight loss from 3kg to 12 kg in the last 28 days has happened. Wow what an amazing result!! I found that most people were in the 4-9kg weight loss range but most importantly the reports have been of size loss and decrease in fat percentage. I am also pleased to hear that just about everyone is reporting more energy and feeling Healthier. It is very hard to quantify those feelings from a scientific point of view but each individual knows their own feelings.

Recording everything you eat and drink is the key and the best recorders are getting the best results and are becoming the most educated.

So where to from here?

Well it is important now that we allow our metabolism to catch up and for that reason we must increase our food intake over the next 2 weeks and stop losing weight. But I hear you say why not just keep losing because everything is going so well? Well it is not about weight loss but gaining health and losing fat. Our body is going to resist weight loss soon if we don't start feeding it more so we have our add more food days. PLEASE FOLLOW THE ADD MORE FOOD DAYS AND DON'T BE TEMPTED TO EAT LESS. NOW IS ABOUT INCREASING OUR BODY'S METABOLISM AND GETTING READY FOR MORE FAT LOSS AND PERMANENT RESULTS!!!

Your body has a little gland in the base your brain called the hypothalamus which controls many hormones and metabolic pathways in your body. It will want to get you back to your previous weight range of 28days ago because that it where it was happy. If you don't strategically add more food in now you will be destined to head back there. After this 2 weeks we can then burn some more fat, but for now let's rev up that metabolism.

So for the next 14 Days

BREAKFAST will be 2 proteins, 1.5 fruit or grain and 1 calorie free beverage.

LUNCH AND DINNER

Days 1-3 1.5 protein, unlimited lettuce, 1 vegetable, 1 fruit, 1 calorie free beverage, and 2 miscellaneous.

Days 4-7 2 protein, unlimited lettuce, 1 vegetable, 1 fruit, 1 calorie free beverage, and 2 miscellaneous.

Day 8-14 2 protein, 1 grain, unlimited lettuce, 1 vegetable, 1 fruit, 1 calorie free beverage, and 2 miscellaneous.

So as you can see we are increasing our portions and bringing in more fruit and grain and leafy greens. We will go out of ketosis and it is the goal ***not*** to lose more weight but maintain within 0.5kgs of where we are now. If for some reason you lose more than 0.5 kgs go on to the next part of the 14 day program sooner and if you gain more than 0.5kgs have a protein meal only for the evening meal.

Remember to have a MINIMUM OF 3 PROTEIN SNACKS PER DAY and to drink plenty of water and to take all your vitamins. If you don't keep up these important things, as well as adding more food, your long term results are at risk.

Jamie