



6 Week Transformation Challenge Orientation- Part 2: Nutrition 101- KISS

- The Healthy Transformation Nutrition Program is what we are using for this 6 week challenge. It is a moderate protein & higher fat phytonutrient-dense food plan that features low-glycemic-load carbohydrates.
- We are not doing a specific food model (Detox, Vegan, Vegetarian, Keto, Paleo, Whole 30, Mediterranean, etc.) but we are taking the best principles from all and finding the **ideal fuel source** for your **specific needs**. This is very important for you to understand!
- Our two main objectives with this program are to **balance blood sugar levels** most of the day and to **optimize digestion**. The side effects of blood sugar balance and improved digestion are weight loss, fat loss, better sleep, improved energy, reduced overall inflammation and more.
- These beneficial side effects will increase your overall quality of life way beyond the 6 weeks!

NUTRITION 101

- You will see a lot of nutrition information in the [6 week challenge resource page](#), facebook group and file area. All that is great, but let's keep it simple. The following information and the approved food list on pg. 8&9 of the Healthy Transformation Nutrition Program are all you really need!

- Consider a “modified” [intermittent fasting](#) model (a.k.a. digestive resting) to start your day. If you enjoy coffee, start the day with bulletproof coffee (coffee, grass-fed butter/raw butter/ghee, MCT oil and a protein powder (optional)). This will be your breakfast and can give you 4-5+ hours of energy. For more go to: [Bulletproof Morning Breakfast](#)
- Eat approximately every 3 hours, but I recommend [digestive resting](#) for at least 12 hours per day (ideally 14-16 hours). This can be achieved by finishing your last meal at 7 pm and resting your digestive system by not eating till at least 7am the next morning. During your digestive resting period it is recommended to hydrate with purified water, tea, coffee, bone broth, etc. and increase your minerals through use of a high quality [Pink Himalayan Salt](#).

Limit or eliminate calories during this time, so you truly rest your digestive processes. A true intermittent fasting program doesn't include the Bulletproof Coffee model during the resting period, given the calories.

- More information on intermittent fasting/digestive resting can be found in the [6 week challenge resource page](#), file area of the 6 week facebook group or here: [More Info](#)
- Never go hungry or full!
- **Do not worry about counting calories!** I have never seen an animal in the wild count calories or an overweight wild animal, but I have seen quite a number of overweight domestic dogs & cats who eat crappy, processed food.

- If you are hungry on this program, you are probably not following the guidelines or not planning and preparing well.
- You must **PLAN & PREPARE** your meals. Prep your meals for the week and take a photo of your groceries for your accountability coach (send via voxer)!
- **Below are the main categories for your food program - refer to pg. 8&9 of the Healthy Transformation Nutrition Program.**
- The serving per day listed below is just a model to understand what we mean by “a normal serving.”

Keep in mind, serving recommendations for a 100 pound woman are different than a 300 pound man. There is no real ideal for serving sizes since calorie counting is B.S. :) **We will tweak servings/foods if needed to fine tune your program personally** based on your weekly weigh in and how you are feeling with energy, digestion, and more.

- **Food Model:**
 - Meal Proteins: **At least 2** servings per day (palm-sized). Focus on high quality sources (organic, pastured chicken, grass-fed animals, wild fish) that have higher fat vs. leaner (i.e grassfed beef- 75% lean vs 99% lean, salmon vs albacore tuna, chicken thighs vs chicken breasts).
 - Snack Protein: **Approximately 1-2** servings per day (½ palm)
*Only consume raw, organic cheese **Remove all cheese if not at 3% body fat loss by end of week 3.**
 - Nuts/Seeds: **Approximately 1** serving per day (varies on nuts/seeds) *Be careful with nuts- Best Choices: Raw Macadamia, Brazil, & Walnuts (Avoid peanuts & almonds).
Remove all nuts if not at 3% body fat loss by end of week 3.

- Added Oils/Fats: **At least 3-6 servings per day (1 TBSP)** - Best Choices: Coconut foods, avocado oil, olive oil, Kerrygold butter, ghee.
 - Greens: **At least 5 OZ servings per day (fist)**
 - Veggies: **At least 6 servings per day (fist)**
 - Fruit: **At most 1-2** (but some should really not consume any) servings per day (fist) **Remove all fruit or if not at 3% body fat loss by end of week 3.**
 - Beverages: Lot's of water. Goal is at least ½ your lbs of body weight in ounces of filtered water (aquasana filter).
 - Condiments- Many, see list on pg. 8&9. Most important is a high quality [Pink Himalayan Salt](#). Use freely as your body needs salt.
- To simplify even more, for each meal focus on **Proteins/Fats/Veggies & Greens (Fiber)** *It really is that simple
 - Create your own meals with the model above:
 - Sample Breakfast:
 - Eggs, cooked in avocado/olive oil with sauteed spinach and avocado. *Eggs could be eaten for lunch or dinner also- this is just a model :)
 - Lunch & Dinner:
 - Big salad with lots of veggies, animal protein, olives or avocado & olive/avocado oil + apple cider vinegar dressing
 - Snack:
 - Protein shake with coconut milk, fist of fruit, protein powder ([UltraMeal Advanced Protein](#)) and nut butter or coconut or chia seeds (added fats)
 - **If you are hungry eat more good protein/fats.**

- **Dietary fat intake will not make you fat because you will feel too full to keep eating! Shoot for approximately 50% fat. More if desired.**
- Consider using <https://www.myfitnesspal.com/> to make sure you are eating enough total calories and fat. Many who try to be healthy think less is more. Not true!
- **Here are the foods to avoid:**
 - **all grains**
 - **high carb veggies**
 - **gluten**
 - **legumes & soy (unless a vegetarian or vegan)**
 - **almonds & peanuts**
 - **dairy (except Grass-fed butter/Ghee & raw & organic cheeses listed on pg. 8&9 of food list).**
- The two worst foods you can eat on this challenge are those with gluten and dairy (**except Grass-fed butter/Ghee & raw & organic cheeses listed on pg. 8&9 of food list**).
- Avoid non-fat, processed anything and focus on whole fat foods. Yes, the calories are higher, but you will remain satisfied and be less likely to eat all day & night and crave sweets! Super empowering!!!
- This may seem like a challenge at first, but give it a week minimum and you will see just how easy it is to be healthy & fit!
- The Healthy Transformation Nutrition Program was originally developed by Metagenics, but I have continued to adapt and customize it to get a better 6 week weight and fat loss for you! Additionally, the bigger goal is to create a program you can continue

for life without feeling deprived :)

- Metagenics has been a leader in functional nutrition for over 30 years. They only sell their products to clinical practitioners (nutritionists, functional medicine doctors, Chiropractors, etc). More on Metagenics here: <https://bshamp.metagenics.com/who-we-are>
- We will focus on their basic food model. The products they recommend are optional, although they will most likely give you an edge in the challenge. **Challengers receive 15% off all products.**
- I recommend two main weight loss support products which have proven successful clinically for weight & fat loss:
 - [UltraMeal Advanced Protein \(Pea & Rice Protein Supplement to build & maintain muscle\)](#) Regular Price: \$49. **Your Price: \$41.65**
 - [UltraFlora Control \(Probiotic for Fat Loss and Gut Health\)](#) Regular Price: \$39.95 **Your Price: \$33.96**
 - **Bonus:** [EPA/DHA 720 \(Fish Oils\)](#) Regular Price: \$24.95 **Your Price: \$21.21**
 - **Bonus:** [MCT Oil \(Increases satiety, focus, reduces hunger, provides a healthy fat source\)](#) Regular Price: \$44.96 **Your Price: \$38.22**
 - **Bonus:** [Exogenous Ketone Salts \(Increases ketones within 15 minutes to be used as an energy source\)](#) Regular Price: \$59.95 **Your Price: \$50.96**
- I have an interview with Cynthia from Metagenics here>>>
<https://www.facebook.com/brien.shamp/videos/10155108858007654/>
to explain more about the clinical benefits they have witnessed with UltraMeal Advanced and UltraFlora Control. Awesome stuff!

- Products can be purchased at the Belmont or Burlingame/San Mateo Locations or online here: <https://bshamp.metagenics.com/> *Use Discount Code: **6week** to get 15% OFF- you will be able to get 15% off whatever you want on Metagenics site *Please don't share this discount code.

LET'S DO THIS!

Coach Brien