



Andrea Moore, MD

Congratulations!

You have successfully made it two weeks without flour and sugar. You are well on your way to becoming fat adapted. For the next four weeks you should continue to NOT eat flour or sugar. This is hard stuff, but you can do it. Remember, our first goal is to lower the insulin level by changing our nutrition. Once you are fat adapted, avoiding flour and sugar becomes much easier. Your cravings or over desire will be reduced markedly. Your body will come to accept the new reality. During the next month, I want you to develop and implement your Food Framework or the basis of your new eating plan. The goal with a food plan is twofold. First it allows the decision-making portion of your brain to choose what you eat. This keeps us fat adapted and losing weight. Second the plan helps to identify urge eating or emotional eating. If you are eating off of your plan, you are emotionally eating. This is where the hard but necessary work lies for permanent weight loss. Let's get started.

1. Decide if you are going to eat two or three times a day.
2. Commit to only eating during meal times.
3. Decide how far in advance you can plan your meals.
4. Commit to not eating sugar and flour during on plan days.
5. Journal every day.
6. Weigh daily.
7. Make a list of all the foods you will eat from the following categories:
 - Vegetables
 - Fruits
 - Proteins
 - Fats
 - Grains
 - Beverages
8. Decide how many of each category you will eat for each meal.
9. Use this framework to plan your meals.
10. If you plan a meal, this is what you eat.

Now life sometimes goes awry and we have to change our plans. It is important to remember that you can change your plan ONLY if you need to for circumstances out of your control. In other words, you can't change your plan just because you don't feel like eating what you have planned. You can change what you are planning to eat only if it is not available. This is where a back up plan is necessary. I want you to come up with a backup plan a-g for each meal. Then, if your planned meal falls through you can go to your backup list. Now we all like to go out to eat and this can be planned and it can be spontaneous. Either way you need a list of foods from your top 10 restaurants that are on plan and you can eat. Check the menu and the ingredient list. Don't just assume that a food is free from sugar and flour. Now make that list and take a picture of it so you always have it with you.



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Sample Lunch Protocol & Backup Plan

Protocol

I am going to eat 3 times a day, I will commit to no flour and no sugar, I will eat only at meal times.

- **Breakfast:** One protein, one fat, one vegetable or fruit, one dairy
- **Lunch:** One protein, two vegetables or one salad, two fats
- **Dinner:** Two proteins, two vegetables, two to three fats,
- **Three times a week** I will have a whole grain with my dinner
- **Two times a week** I will have a glass of wine with my dinner.
- **Two nights a week** I will have a piece of fruit with my dinner.

Backup Plan

- Eat my planned lunch
- Go to the grocery store and get a salad with protein and fatty dressing
- Chef salad from the cafeteria with oil and vinegar
- On plan meal from close by fast food
- Eat my hardboiled egg, nuts and cheese pack that I bring on Mondays
- Eat an apple and nut butter
- Skip lunch and have a coffee with whole whipped cream (HWC)

Your Protocol

How Many times a day will you eat?

Make the list of foods that you will eat here:

Proteins	Vegetables	Fats	Fruits	Grains	Beverages



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Breakfast

How many proteins will you eat?

How many vegetables will you eat?

How many fats will you eat?

How many fruits will you eat?

How many grains will you eat?

How many beverages?

Repeat for each meal.

Remember that dairy is considered a fat.

Remember also that grains should not be eaten daily at this time.

This is your protocol and follow it as you have written. Now, you never have to eat if you are not hungry. You also don't have to eat everything in your protocol. For instance, I may decide to have coffee and cream for breakfast. This would still be on plan for me since I allow myself fat at breakfast. Bring your protocol so I can help you with any questions.

The key to weight loss lies in having a protocol and sticking with it no matter what. I like to think of my protocol as a task that my boss (my prefrontal cortex) has assigned to me to do for my work (weight loss). If I don't follow my protocol the repercussion would mean I wouldn't get paid (pounds lost). I wouldn't work for "free" and you shouldn't either. Make your plan and have integrity to yourself by sticking with it. You wouldn't shirk your job responsibilities so don't shirk your responsibility to your health. One final benefit of the protocol is the ease at which you can journal. You write down what you are going to eat the night before and you don't even have to think or write down anything new because you have done what you planned to do. This is a fantastic feeling!