

keys to self-sufficiency

1. strategic carb consumption through the Ideal Days Meals

- start your day off with raw materials and minimal starch / sugar / glucose to set a tone for form, function and structure, AND to set an energy creation tone.

2. periodic low-carb phase

- periodically force your body through periods of minimized starches / sugars / glucose to FORCE the body into self-sufficiency.

3. natural space with minimal snacking

- let space happen naturally. don't force space, but don't eat just because it's time or there.
- experiment with varying periods of time between meals.
- experiment with varying #strategicfasting protocols.

4. training first thing in the morning and/or #fastedtraining

- force your body to move when it is completely empty.
- give yourself at least 3-5 hours of space between your last meal and your workout. if you're burping during your workout or have other digestive issues, this is an indication you need more space.

other key points

- always focus on nutrient density, raw materials, and healthy fats.
- always have meat + fat + low-starch vegetables for your first meal.
- consume starches / sugar / glucose strategically (later half of the day)
- have healthy fats with every meal, even if minimal.
- minimize / eliminate snacking.
- let space happen naturally, but don't force through hunger pangs.
- put yourself thru periodic phases of low-carb.
- always train fasted - 3 to 5 hours space between last meal and workout.
- begin each day with fasted movement.
- NEVER take pre-workout, NEVER consume sugar prior to working out.
- eat intuitively POST WORKOUT.