

Slow Carb Diet Protocol

The Five Rules:

1. Avoid white carbs (and those that can be white, like bread, potatoes, rice, etc.) and dairy
2. Eat the same few meals over and over, approximately 4 hours apart
3. Don't drink calories
4. Don't eat fruit
5. Take one day off per week and eat whatever you want

Suggested Supplements:

- Potassium
- Calcium
- Magnesium

Binge Day - tips to minimize weight gain:

- Let your first meal be a slow carb one instead of a binge meal
- drink a small glass of grapefruit juice before your first binge meal
- drink 3Tbsp of lemon and 1/2 tsp freshly ground cassia cinnamon in warm water before each meal

Not working? Check this list:

1. Are you eating within 1 hour (preferably 30 minutes) of waking up?
2. Are you eating at least 20g of protein at each meal?
3. Are you drinking a minimum of 64 oz of water every day, and more on your cheat day?
4. (women) Are you ignoring your scale readings 10 days before your period?
5. Are you eating slowly, and chewing each mouthful thoroughly (aim for 20 chews per mouthful)
6. Are the legumes a large part of each meal, or just a small condiment. Make sure they are a main part of every meal.

Bonus routines for More Weight Loss:

1. Drink at least 500 mg of ice water immediately upon waking
2. Put an ice pack on your neck and shoulders for 30 minutes every evening before bed
3. Do a few minutes of body contractions (90-second fitness or air squats, wall presses and chest pulls) shortly before each binge meal

Source: [The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman](#) by Timothy Ferriss