Metabolic Effect’s 3-Day De-Bloat Protocol

During the first 3-7 days of most diet plans, there will typically be a quick loss of water weight. We see this in diets like Atkins, South Beach, Paleo, ketogenic diets, etc and it is important to realize that this quick water loss is just that and not to mistake it as significant fat loss. However, it serves to indicate that you are entering fat burning mode, and that your metabolism is responsive, which are both good signs for your fat loss journey.

This protocol is a 3-day plan designed to help you shed water quickly. This will work best after days of indulgent eating (where you are more bloated than usual) or if you have never attempted to curb your carbohydrate intake.

Upon completion of this 3 days, it is vital that you begin adding back starchy carbohydrates slowly and do not gorge on sweets, cheats and fatty indulgences, since your body might be more primed to store fat after these 3 days. Instead, slowly add in fruits, starchy veggies like squash, zucchini or eggplant and cleaner carbs from oats, brown rice, etc.

You might experience lower than usual energy during this process, as any change in diet can affect any single person differently, however the frequency of eating with this plan will hopefully serve to keep your energy as balanced as possible. If you are having blood sugar swings, dizziness, etc, you can consider adding a small amount of clean carb to a meal 1-2x per day like pumpkin, sweet potato, oats, brown rice, etc. If you are feeling ok, then use the plan as is and do your best to manage energy, sleep sufficiently and use exercise to help with stress reduction.

The following DAILY MEAL PLAN is what you will eat for all 3 days (the same thing). Keep in mind that this plan is NOT recommended to be followed on-going. Any more than 3 days on a plan like this may compromise muscle mass, a devastating result for long-term fat loss.

Follow the plan as it is laid out for best results. If it is not on the meal plan, don't eat it (e.g. ketchup, butter, marinade, barbeque sauce, hot sauce, salsa, cheese, etc). Contained in the DAILY MEAL PLAN, there is a built-in 12-hour fast each night. For example, if your first meal of the day is at 7am, your final meal of the day should be no later than 7pm (making it 6am and 6pm or 8am and 8pm is fine too, depending on your unique schedule).
DAILY MEAL PLAN:

- Wake-up: Drink 1L plain water w/ squeezed lemon (as much as you want)
- WALK (see workout plan below)
- Meal #1 (7am): 4 scrambled egg whites, 1 whole grapefruit, green or black tea (unsweetened) if desired
- Meal #2 (10am): 4 hard-boiled egg whites, ½ cup pumpkin puree (plain) OR ½ cup sweet potato, plain (cinnamon fine here)
- Drink 1L plain water
- Meal #3 (1pm): Large mixed greens salad (3-4 cups greens), 1 plain grilled chicken breast, ~5 oz (pepper or lemon pepper on top is fine), 1 TB balsamic vinegar
- Large unsweetened green tea
- Meal #4 (4pm): Either 1 cup lean ground turkey (99%) OR 1 plain grilled chicken breast (~5 oz), 2 cups spinach (chopped or steamed/wilted)
- WEIGHTS (see workout plan below)
- Drink 1L plain water
- Meal #5 (7pm): 6 oz white fish (tuna, cod or halibut), lemon on top is fine, 12-15 asparagus spears
- Drink 1L plain water before bed, optional dandelion tea

The following supplements are optional, but recommended on the plan:
- Metabolic Complex – 3 caps twice daily
- High-potency omega – 2 caps twice daily taken with food
- Branched chain amino acids – 5g 2-3 times per day

TRAINING PROGRAM:

Day 1:
Walk: 60 minutes slow, this is a very low-intensity walk, leisurely and should not feel like exercise
Weights: Do the following 4 exercises back to back in a circuit for 20 minutes, use ME’s Rest-based Training concept to “push until you have to rest, and rest until you can go again”—there is no structured rest given, only what you take as needed
Begin with a 5-minute warm-up, then:

Exercise 1 – Squat with dumbbells (10 reps) – Heavy weight
Exercise 2 – Alternating lunges with dumbbells (10 ea leg) – Medium weight
Exercise 3 – Step-up onto bench with dumbbells (10 ea leg) – Medium weight
Exercise 4 – Squat jumps (no weight) – 15 reps

Day 2:
Walk: 60 minutes slow (same as Monday)
Weights: None, can do an optional second walk for 30-60 minutes if desired
Day 3:
Walk: 60 minutes slow
Weights: Do the following 4 exercises back to back in a circuit for 20 minutes, use ME’s Rest-based Training concept to “push until you have to rest, and rest until you can go again” — there is no structured rest given, only what you take as needed
Begin with a 5-minute warm-up, then:

Exercise 1 – Flat bench press/fly alternate with dumbbells (10 ea) – Heavy weight
Exercise 2 – Bent-over row/extension (10 reps) – Medium weight
Exercise 3 – Pull-ups or Assisted pull-ups (10 reps) – Heavy weight
Exercise 4 – Standing dumbbell biceps curl/shoulder press (10 reps) – Heavy weight