



the Protein

Power

punch report



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INTRODUCTION

“IN BOXING THE POWER PUNCH IS A PUNCH THROWN WITH THE DOMINANT HAND THE INSTANT THE OPPONENT LEADS WITH HIS OPPOSITE HAND”

**OFTEN REFERRED TO AS ONE OF THE MOST ENJOYABLE OF THE POWERPUNCH’S TO THROW IS THE RIGHT CROSS, WHICH IS USUALLY PRECEDED BY A QUICK LEFT JAB. IT IS ONE OF THE MOST POWERFUL COMBINATIONS AND IS OFTEN RESPONSIBLE FOR MANY OF THE KNOCKOUTS SEEN IN A BOXING MATCH. ALSO KNOWN AS THE 1-2 PUNCH!
IT IS THE “2” IN THE 1-2 PUNCH THAT MAKES CHAMPS AND SUPERHEROS.**

Referencing boxing in a book about nutrition may not make much sense at first but when you think of all the inner boxing matches you have had with ...well you. Mix it in with all the wrong information that you have been fed and all your well-meaning friends and family members who try to help you with what works for them or what they think you should do. It is easy to see how similar achieving your ideal body weight and taking someone out in the ring are. But instead of

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another human being you are taking out excess weight, bad habits, crappy diet and self-defeating cravings.

So it is with great pleasure that I introduce to you our champs and super heros !

In this corner we have PROTEIN our current reigning champion, who has earned the title of SLOW RELEASE CHAMP. PROTEIN IS the number one builder of cells, enzymes, and hormones. It is the backbone and number one building block of bones, muscles, tissues, cartilage and blood.

Protein is the SUPER HERO and number one ingredient in your weight loss journey. Plain and simple! Sit tight in your seat and you will see why!

And in the same corner we have FATS and CARBS a major part of this dynamic tag team who without them, PROTEIN would not be able to perform at it's optimum functioning ability. Both FATS and CARBS are essential for protein synthesis especially FAT as it is referred to as ESSENTIAL FATS! BOOM! Just about every food has CARBS in it and tonight you will see just how healthy carbs are for you especially hidden in the recommended foods coming up in this match.

In the neutral corner we have EXCESS WEIGHT. Not a favorite in this town tonight, known for his sucker punches and rabbit punches. This one has been around for a long time and is a difficult one to get rid of.

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Tonight it will be different, as this dynamic team is going to make him history. You can be sure there will be no bell to save him this time.

That's the line up for tonight.

It's the MACRO NUTRIENTS!! VS: YOUR EXCESS WEIGHT!!!

Now take your ringside seats and prepare for the MAIN EVENT.

I hope you can go the distance.



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DISCLAIMER

The information the you are about to read is a compilation of facts that I have researched, studied, and or have experienced the effects of. You will find that there is a massive amounts of information about protein fats and carbohydrates to glean from. I have tried to stay true to what my medical background and experience has proven to be sound true and accurate. There are no guarantees that the results will be the same for everyone. However, reducing carbohydrates and increasing protein consumption and eating the correct kinds of fat, while creating a caloric deficit, in all research holds to the truth that it will produce weight loss. The founding principles behind 3MINUTE INC. & Happy Weight Loss is that our bodies our beautifully and wonderfully made. Every process that takes place in our bodies has a purpose. 3MINUTE INC. holds fast to the concept of creating a caloric deficit to attain your ideal body weight. That an ideal body weight is one that is comfortable for you and does not place unnecessary stress on your body structure or organs. That by moving major muscle groups and doing short bursts of moderate intensity exercise you can receive the benefits of a more intense exercise program. In order to achieve the benefits of a high protein diet, you must be more active. Without increased activity, preferably short bursts of moderate intensity exercise and lifting heavy things to build muscles, you will gain weight and possibly have complications of eating too much protein. Your energy in must be less than your energy out.

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To quote Albert Einstein:

"Classical thermodynamics...is the only physical theory of universal content concerning which I am convinced that, within the framework of applicability of its basic concepts, will never be overthrown"

The first law of thermodynamics states that energy cannot be created or destroyed, but can be transformed from one form to another

PROTEIN

Protein is my hero, a champ for sure!

Protein in Greek means OF PRIME IMPORTANCE!

It has taken me from sugar junkie, fast food fanatic, and Starbucks Zombie to Zero Food Cravings in a matter of weeks.

This super hero helped me to stop being a sugar burner and become a fat burner, which is the way to lose weight.



BURNING OFF THE FAT!

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You might think you can get in a machine and just jiggle off the weight or steam it off like Lucy and Ethel but unfortunately exercise of any kind without Protein in your corner means JACK! ZIP! NADA! and vice versa.

When I first started learning about this power puncher and realized the wow effect it had on my appetite, I couldn't get enough of it.

This book is to show you how it works.

But first let me back up a bit.

I eat well. My background and heritage is Mediterranean and the diet that goes with that region. We're talking fresh fruits and vegetables, fish, chicken, lean meats, soups, pasta and salads. Even the sweets are made with very little sugar. However even though those are the foods I like to think I was still eating I like many Americans had grown accustomed to fast and easy. I had let myself become conditioned to start salivating every time I got into the car.

Granted I am not overweight now by the chart standards, and I have [created an exercise program](#) that fits into my life and has actually created muscle definition and so much more good in my life. But there was still that last 10 pounds that I wanted off. I was determined to find a way that would work for everyone. As a nurse that has seen people lose weight in every circumstance I know that there is only one way to lose weight and every weight loss program out there follows this bottom line type of thinking no matter how esoteric or pumped up it is, it is all just one simple concept.

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Creating a caloric deficit.

The word “dieting” denotes an act of sacrifice and deprivation. The act of creating promotes a positive response in our bodies.

All my experience and my entire inner being said this is the right way and the only way. I know that I know that I know it to be true.

But why wasn't I losing those darned last few pounds???

That is why most people don't achieve their goals because they hit the wall and can't get past it.

Then I discovered the power of protein quite by accident. As a health professional, wellness provider and health and fitness business owner I am always researching and discovering many fascinating nutrition facts and studies done for weight loss. I also practice what I preach and do a lot of tracking of my energy intake and energy output. Initially I was just tracking my calories to create a caloric deficit that was not boring and mundane.

By using one of the many food trackers online like MY FITNESS PAL I discovered that even though my calories were low, I was not getting hardly any protein.

At that time I really didn't know, the power of protein. I only knew that I should probably get more. What I discovered next is what I am about to share with you. The power of protein is also in the power of knowing how it works. Take that knowledge and apply it to your life and soon it will become a part of your natural life. It will not be forced or something you have to look up. You will just know, "This is what I need to eat each day in order to burn fat and keep losing weight." Once you get that concept down you can put it on cruise control and be well on your way to achieving your weight loss goals.

ROCKET SCIENCE FOR DUMMIES

Albert Einstein said

"Classical thermodynamics...is the only physical theory of universal content concerning which I am convinced that, within the framework of applicability of its basic concepts, will never be overthrown"

The first law of thermodynamics states that energy cannot be created or destroyed, but can be transformed from one form to another

Turns out it's not as easy to explain as I thought. It is a little bit like rocket science.

So let me break it down as simply as I can.

WHAT IS PROTEIN?

Protein is pretty complex. It's made up of carbon, hydrogen, oxygen and, most importantly, nitrogen. Protein may also contain sulfur, cobalt, iron, and phosphorus. These elements form the "building blocks" of protein. It is a structural molecule assembled out of amino acids, many of which the body can't produce on its own but needs to perform the fat burn. Without protein all your efforts of losing weight are futile. (unless of course you are not eating at all)

Protein assists you in this task because it is what is called a slow burner. This property keeps you feeling fuller longer.

In this report you are going to learn how to use this little bit of knowledge to knock your excess weight on its butt.

Now listen up as I really break this down for you:

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SIX ways PROTEIN helps you to lose weight.

ONE Protein is called the slow burn because it takes longer to digest which means you will feel fuller longer and in the end is an effective appetite suppressant. Because it is a slow burner it makes sense that you would feel fuller longer and that your last meal and or snack should be protein. As a nurse I know that when diabetics are in a hypoglycemic state we give them(depending on how low the blood glucose level is) sugar first then a protein/ carb combo. The most effective and beneficial is the protein because it will **give a slow rise in the blood sugar and keep it up instead of the fast rise with sugar followed by the fast drop after the sugar high is over.** Tuck this bit of information in your pocket because if you aren't sleeping well at night it may be because you are having insulin spikes and dips.

TWO TEF “thermic effect of food” is the energy we use to digest food into small, absorb-able components. Protein has a higher TEF compared to carbs and fat meaning you're actually **burning more calories to process protein than to process the other two.** Research has shown that the energy expenditure during protein synthesis is greater than that during intense exercise! Imagine that burning fat just by eating protein! When you eat carbohydrates, about 15% of the calories you consume are required to metabolize carb nutrients. That means

if you eat 100 calories of bread, or fruit, or pasta, your body will use about 15 calories of energy to metabolize the food. Fat is much lower on the thermal burn scale: only 5 calories per 100 are needed to metabolize fat nutrients. That's why high-fat, high-carb diets are a bad combination that can very easily lead to obesity.

Protein, on the other hand, is on its own metabolic planet! **Protein demands up to a staggering 35 calories for every 100 calories ingested to be metabolized!** That's more than DOUBLE the calorie-burning power of carbs, and SEVEN TIMES the power of fat!^{5,6}

To put this in perspective, let's say you eat 1000 calories of protein one day. Well, it really only “costs you” 650 calories because your body burns 350 calories after eating protein by cranking up your calorie-burning furnace.

THREE Protein allows you to keep muscle and lose fat. It is a scientific fact that your body cannot effectively burn and use fat as energy if it doesn't have help from its tag teammates carbohydrate and protein. As you are losing weight, your body loses both muscle and fat. During this process it is especially important that you continue to eat enough protein in your diet. Having adequate protein coming in from your food... fuels fat burning while preserving calorie-burning lean muscle.

FOUR On that same note it is a **FACT**: If protein is the number one builder of cells, enzymes, and the backbone and number one building block of bones, muscles, tissues, cartilage and blood it makes sense that by eating it your goal should be to be building more muscle.

Your body really **DOES burn** more calories maintaining **muscle** than it **does** maintaining **fat**.

FACT: This means that **YES**, the more **muscle** you build, the more calories your body will naturally **burn** each day on its own. Meaning while you sleep.

FACT: Which means that building **muscle DOES** increase your metabolism. This does not mean you have to be a ripped body builder, simply do exercises that maintain your muscle tone and build more muscles instead of losing muscle as you age. This way you are creating an internal furnace that works while you are sleeping.

FIVE **P**rotein curbs cravings. Not sure why but once you start on the higher consumption of protein in your diet, you will definitely notice that you no longer have to have that piece of 1 year old Halloween candy that your co-worker brought to work to get out of the house. It has to do with the whole satiety thing. Plus the fact that once you do delve into the sugar bowl so to speak you will have the toxic side effects that a sugar high

brings with it. Once you experience that you won't want to do it again.

SIX Most of us are sugar burners. We use glucose from our food to produce energy. In order to burn fat you need to convert from being a sugar burner to a fat burner. **Insulin plays a role in that it is called the fat storage hormone.** You want the fat to leave the cell, go to the liver to get metabolized into a ketone. One way to start being a fat burner is to get rid of sugar. In case you don't already know almost all carbs break down into sugar. So we aren't just talking cookies, cakes, chips, fries and bread. The idea is by limiting carbs to only the good ones and increasing the good fat and protein. By doing this you lower your insulin level which causes your body to produce more glucagon which helps to burn fat. This in turn causes a process called ketosis, a metabolic change that forces the body to turn to stored fat for energy. As the body breaks down fat, Voila...YOU LOSE WEIGHT! It's called gluconeogenesis and it works.

Gluconeogenesis

Gluconeogenesis: “gluco” = glucose, “neo” = new, and “genesis” =to make.

Is the body’s back-up plan.

Lets take a better look at this process. The primary function of protein is growth and repair of body tissue (anabolism). Proteins can also be used as energy through the breakdown of tissue, (catabolic reactions) such as gluconeogenesis.

Gluconeogenesis is one of those Rocket Science words that although a very complex process can and should be part of your vocabulary just like glycemic index. Ten years ago GIYCEMIC INDEX was not a common or well known term but now most people know it and what it means. There are tons of GI charts out there telling you the GI of every food you consume. It gives you a way to tell the slower-acting "good carbs" from the faster "bad carbs." You can use it to fine-tune your carb-counting

When you cut ingested carbs down to below that 100g/day mark, however, something quite interesting happens. The body burns through those consumed carbs first, then turns to the glycogen stores in the liver to maintain its basic system functions. When those stores run out — usually after about a day of carb deprivation — is where the magic really happens.

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Although 3MINUTE INC. recommends a balance of protein, fats and carbs, gluconeogenesis is the reason why you don't actually need any dietary carbohydrates whatsoever to keep rattling down the street. However by simply reducing your high sugar carbs and increasing the protein consumption in your diet, the liver will kick into gluconeogenesis gear, generating the glucose necessary for brain function from glycerol in lipids and amino acids in proteins, and it's ba bye to using glucose and glycogen.

If you eat enough protein each day to provide for body maintenance, it will provide enough amino acids for gluconeogenesis, and your muscles will stay intact. This has been confirmed in many studies. It is the process in which your body will burn your stored fat for fuel instead of carbs and sugar. This is what gets rid of fat. Taking fat out of storage in the fat cells, and burning it for fuel equals weight loss. This is exactly what happens when you limit your carbohydrate intake.

However, getting your glucose through gluconeogenesis takes a bit of time and longer to see results. It can be rather shocking for your body to switch to all of a sudden. Everyone somewhat experiences this process of gluconeogenesis constantly throughout the day, and especially at night while you sleep during fasting state. Over the 6-9 hours that you are sleeping and not taking in food, your body is busily making new sugar to maintain its narrow blood sugar range.

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The importance of getting enough protein and this is the extreme situation is that the largest amount of body protein is in the form of muscle. When amino acid requirements are not met, muscle is broken down into amino acids, (you lose muscle) which are then sent to the amino acid pool to be used accordingly. Without a sufficient intake of protein (malnutrition), one could inevitably not meet the demands of protein turnover and would eventually die. In order to meet the demands of tissue breakdown in the body, the body needs new amino acids. Dietary protein is our primary source of amino acids. Of the three macronutrients Protein Fat and Carbohydrate, Protein is the only one with a recommended daily allowance. The current RDA in sedentary adults is 0.83 grams of protein per kg of body or 0.377 gms of protein per pound of body weight.



EXTREME!

HOW MUCH PROTEIN DO YOU NEED?

The more active you are the more protein you can eat.

EXTREMELY IMPORTANT TO USE YOUR IDEAL BODY WEIGHT TO CALCULATE

Please note if your are extremely obese you cannot possibly eat half your body weight in protein even in kilograms.

On a more individual level to find out how much protein you need follow this simple equation:

First of all you must know what your ideal body weight is, or simply what weight are you the most comfortable at. (This should be a healthy weight not something ridiculous like 68 pounds) It also depends on height and gender.

- Establish the daily caloric requirement to maintain that body weight. * this is also a mental plus as you will be living as though you have already achieved this weight* (Remember you are creating a caloric deficit) You can easily do this at MyFitnessPal.com
- Generally speaking it will be 1-1.5grams of protein per kilogram of your ideal body weight. For example: to convert to pounds divide pounds by 2.2. If a person weighed 150 pounds and their ideal body weight is 100 pounds
- Divide 100 by 2.2=45 kg

- Then multiply $45 \times 1 = 45$ gram of protein. Or the higher end would be multiplying $45 \times 1.5 = 67.5$ grams of protein. So the average protein intake for this person would be 45-67 grams/ per day.
- Protein has 4 calories per gram so this would be 180-272 calories from protein.

The ACSM (American College of Sports Medicine) recommends that individuals who work out on a regular basis consume 1.2 – 1.7 grams of protein per kilogram of body weight per day. You can also use the formula 0.5-0.8 grams of protein per pound of body weight.

How does this translate into food? Most animal protein sources have about 7 grams of protein per ounce, so this example range of 45-68 grams/protein works out to range of about 6.5 ounces – 9.7 ounces of meat, fish or poultry each day. (Note: there are 28.35 grams in an ounce, but the balance after accounting for the 7 grams of protein would be from fat and water in the meat; so 28 grams of cooked steak would have 7 grams of protein, 4 grams of fat, and the remaining 17 grams of weight might be water and collagen.)

What does an ounce of protein look like?

An ounce of protein looks like:

- An ounce of meat or chicken usually contains about 7 grams of protein, and visually is about the size of a 2 packs of gum.
- A large egg contains about 6-7 grams of protein.

- Fish contains about 7 grams of protein per ounce, and 3 ounces is about the size of a checkbook.
- An ounce of hard cheese can contain between 6 and 7 grams of protein, and is the size of 4 regular size dice stacked in a cube.

A healthy approach to protein intake is to figure out your total number of grams of protein daily using one of the formulas as a guideline, and then split the amount among three meals and one or two snacks.

Individuals who work out in the morning can also “split” their breakfast and eat half about 30 minutes before the workout and the rest after the workout. Guidelines suggest that protein should be about 30-35% of your daily diet, though if you choose to follow a higher protein diet, your daily percentage of protein may be higher than the formula guidelines. The remainder of your diet consist of the Fats and Carbs. Important to note: Do not eat too much protein ie. more than the recommended amount. Most adults can't eat more than that each day because of satiety issues. Think of attempting to eat a 2 inch thick steak the size of a 10 inch dinner plate. That feeling you get when you consider eating the whole thing at once is an example of satiety.

The Carbohydrate secret weapon Vitamin B

Almost all foods contain carbohydrates. With the exception of fiber your body turns carbohydrates into sugar during digestion. Your list of protein sources do not always have to be meat fish eggs and dairy but should include:

CARBS THAT ARE PROTEIN TOO.

Beans

legumes,

dairy,

eggs,

nuts and

seeds.

In all my research I kept finding that the best carbs to eat are the dark green leafy, the cruciferous, asparagus and beans. Then I found out they are all sources of vitamin b and that Vitamin B is a secret weight loss weapon. It plays an important role in the metabolism of amino acids and production of proteins, as well as the synthesis of nucleic acid which is the molecule that carries dna to the cells and the formation of blood cells.

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The vitamin B complex is a group of eight vitamins your body needs in tiny amounts. These vitamins include thiamin, riboflavin, niacin, pantothenic acid, folate, vitamins B-6, B-12 and biotin. They are water-soluble vitamins, which means that your body is unable to store them and that you must get them daily in your diet or through supplements for your body to function properly. Their association with weight loss may be related to their ability to help your body metabolize carbs, protein and fat. It is important in the efficient conversion of carbs to glucose and fatty acids into energy as well. The B complex vitamins are also necessary for vision, skin and to help normalize appetite.

Niacin helps extract energy from food, and promotes a normal appetite. It's also important for skin and nerve health, and for digestive health.

3MINUTEINC.com RECOMMENDS DRINKING 8 (8oz)GLASSES OF WATER EACH DAY.

As you begin to consume only good carbs you will begin to deplete glycogen stores.

- Glycogen is a way the body stores glucose as energy
- Under 100g/carbs/day will begin to deplete glycogen stores
- Switching away from glycogen as your principal energy source causes the “low carb flu”
- Glycogen binds with water molecules; flushing it away results in loss of “water weight”

By reducing your carbohydrate consumption long term, is the best way to avoid reactive hypoglycemia which is the body’s acute reaction to high amount of sugar like when a person eats 2 or 3 Krispie Creme donuts, there is first a huge spike in blood sugar which stimulate the correlating responding insulin secretion after such a meal. The insulin spike then drives blood sugar very low for several hours after the meal leaving one feeling sluggish and perhaps sick. By permanently decreasing your carb consumption and only eating the good carbs you will eventually lower your daily blood sugar and circulating insulin. Once insulin returns to normal levels, your body can then access its fat stores, and quickly switch over to burning fat for fuel when you go without a meal or two.

Carbohydrate restriction is the best way to manage *insulin resistance, metabolic syndrome, and type-2 diabetes.

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A well-formulated low carbohydrate diet improves blood glucose and lipids while reducing inflammation, all without drugs.

Carbohydrate restriction induces the process of **keto-adaptation, refining the body's metabolism to allow the mobilization and clearance of excess body fat.

** see definition under FATS heading * see definition under Warnings.

WHY YOU NEED TO SLEEP AT NIGHT AND EXTEND YOUR FAST

During gluconeogenesis, blood glucose levels in the body are normalized and maintained when the glucose is synthesized in the liver. During those times when the body is not taking in any food (i.e. while you are sleeping), gluconeogenesis goes to work in this “fasting” mode using amino acids, lactate, and glycerol to begin creating the sugar the body needs and is controlled by hormones such as cortisol and insulin to maintain proper levels of glucose. After about one day of fasting, all of the glycogen in the liver is depleted and gluconeogenesis begins in earnest using things such as lactic acid and protein to create glucose for the body. The exciting part of gluconeogenesis is that it sets your body into FAT-BURNING mode (WOO HOO!), or ketosis (the state you put your body in when you are on the Induction phase of 20g carbs daily for the first two weeks of the Atkins diet), where excess ketone bodies are released into the blood system, brain, heart and muscles for energy. To insure a good nights sleep it is once again Vitamin B12 to the rescue. Taken during the day while it gives you energy during the day it also plays a crucial role in the production of melatonin which is often dwindling as we age.

WARINING: PROTEIN MAY CAUSE DROWSINESS, WEIGHT GAIN

There are a few possible reasons for drowsiness when you first transition to using the PROTEIN POWER. One theory is that transient hypoglycemia normally happens when most people who have been eating a high carb diet and then drastically reduce carbohydrate intake for the first time. This happens during the first several weeks of carb reduction or PROTEIN POWER usage, because the body has not had time to create the enzymes or metabolic state to burn internal fat stores for fuel. Basically there is a gap in the amount of carbohydrate available for fuel and the process of accessing fat stores for fuel. The lack of fuel sources results in transient low blood sugar. Another possible explanation is that the liver turns excess protein into glucose, which could trigger an insulin spike. Most only actually need about 6-7oz of protein a day- no more than 2-3oz at each meal. Anymore than that and you risk spiking glucose levels and consequently, insulin levels, which could result in sleepiness. The last theory or explanation is that Protein is a combination of different amino acids including Tryptophan. Tryptophan is a precursor to the neurotransmitter Serotonin and increased levels of serotonin can make people tired.

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One more warning once you start to lose the weight and then go off one day and dive into a bin of greasy fries followed by whatever other indulgence, you will have instant water weight. Do not be alarmed, it will come off once you return to your senses.

Water weight: It comes on fast and will go away just as fast. This requires a commitment and that you create new healthy brain pathways of sticking to this new way of eating to truly take advantage of fat burning mode.

While consuming enough protein is essential for your body to function properly and maintain muscle mass is true, if you continue eating more protein than your body needs YOU WILL NOT lose fat. You have to remember the simple concept of eat less exercise more and caloric deficit throughout this transformation or you will be very sad and end up gaining weight, especially if you are drinking protein shakes and eating regular sized meals.

Calculating protein needs should be based on maintaining **positive nitrogen balance**. Amino acids contain nitrogen. The protein we eat gets metabolized into amino acids for use in building new muscle and other tissues. Excess nitrogen is excreted via the urine. *When the amount of nitrogen excreted is less than the amount of nitrogen in the food we ate*, we can say that we are in positive nitrogen balance and it means we took in enough protein to build new tissues. If we don't eat enough protein, then we get into a **negative nitrogen balance**. We are using internal protein sources (breaking down muscle) to

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cover the shortage of protein in our diet. High amounts of nitrogen can be toxic to the kidneys. To stay safe the body naturally uses its own fluids and water to flush it out, which can leave you feeling thirsty. That is why 3 MINUTE INC. recommends drinking at least 8 (8ounce) glasses of water each day. This should sufficiently counter any negative effects of excess nitrogen excreted after consumption of large amounts of protein. Remember you can only eat as much protein as you can burn. If you eat more than that you will gain weight. The bottom line in a negative nitrogen balance situation is that we lose lean body mass. Not good. This is especially true if we don't eat enough protein during weight loss, or if we participate in daily intense exercise. Your daily protein requirement should be driven by goal or what you perceive to be your ideal body weight. There is an adjustment phase:

During this adjustment phase or reducing carbs and increasing protein and fats, your pancreas is still secreting enough insulin for the older, higher level of carbohydrate consumption. And remember, because insulin levels are high, the body is dependent on carbohydrate for fuel, since stored fat can't be accessed.

Your body hums along with less carb intake for a couple of days because it can tap into the stored carb (glycogen) in your liver and muscles. But eventually, the glycogen stores get low, more insulin is secreted than actually needed, and **a couple of hours later, you have a severe episode of hypoglycemia.**

Your body perceives that your blood glucose is too low, and starts evasive tactics to get that sugar from somewhere. It pumps out adrenalin (epinephrine) to tell the liver to break down stored glycogen or amino acids into glucose FAST and dump it in the blood stream, while the nervous systems pumps out acetylcholine, a neurotransmitter which acts on the sweat glands, causing profuse sweating. It sounds horrific but probably will not happen with such extreme symptoms. But you might feel hungry so it's good to keep a handful of raw nuts nearby to keep that at bay.

FAT

Fat is important as it is going to make up the next tier of your diet.

To preface this part of the report. I do believe there is a reason that in the Bible God said to “save the fat for him” and to “sacrifice it up to him as an offering.” Not only is it the part of the meat that makes it smell so delicious, it is probably not the kind of fat you should be eating. In this section we are referring primarily to the essential fatty acids, specifically Omega 3’s and 6’s.

You have heard of the essential fatty acids. Fat is essential. Essential means just that, you cannot live without them. The main purpose of fats in the body is to serve as a storage system and reserve supply of energy. During periods of low food consumption, fat reserves in the body can be mobilized and broken down to release energy. Fats serve as an insulation material to allow body heat to be conserved and fats line and protect delicate internal organs from physical damage. Fats in the diet can be converted to other lipids that serve as the main structural material in the membranes surrounding our cells. Fats are also essential in the manufacture of some steroids and hormones that help regulate proper growth and maintenance of tissue in the body.

The body can synthesize most of the fats it needs from the diet.

However, two essential fatty acids, linoleic and alpha-linolenic, cannot be synthesized in the body and must be obtained from food. These

basic fats, found in plant foods, are used to build specialized fats called omega-3 and omega-6 fatty acids. Omega-3 and omega-6 fatty acids are important in the normal functioning of all tissues of the body.

Deficiencies in these fatty acids lead to a host of symptoms and disorders including:

- abnormalities in the liver and the kidneys,
- reduced growth rates,
- decreased immune function,
- depression, and
- dryness of the skin.

Adequate intake of the essential fatty acids results in numerous health benefits.

Documented benefits include:

- prevention of atherosclerosis,
- reduced incidence of heart disease and stroke, and
- relief from the symptoms associated with ulcerative colitis,
- menstrual pain, and
- joint pain. Omega-3 fatty acid levels have also been associated with
- decreased breast cancer risk.

It is not only important to incorporate good sources of omega-3 and omega-6s in your diet, but also consume these fatty acids in the proper ratio. Omega-6 fatty acids compete with omega-3 fatty acids for use in the body, and therefore excessive intake of omega-6 fatty

acids can inhibit omega-3s. Ideally, the ratio of omega-6 to omega-3 fatty acids should be between 1:1 and 4:1. Instead, most Americans consume far too much of the omega 6 due to a reliance on processed foods and oils, which are now common in the Western diets and with naturally occurring omega-3 fatty acids.

A lower omega-6:omega-3 ratio is desirable for reducing the risk of many chronic diseases.

Plant Foods Rich in Omega-3 Fatty Acids

- Ground flaxseed (flax meal)
- Walnuts
- Soybeans
- Mungo beans or Black Lentils

Omega-3 Content of Natural Oils

- Flaxseed 53-62%
- Walnut 10%
- Wheat germ 7%
- Soybean 7%

The best fats to eat

The best fats to eat are

- avocados (which are also high in vitamin b)
- butter,
- eggs,
- coconut,
- raw nuts, and

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■ grass fed meats.

Many athletes have found the power of a fat and protein diet to give them extended periods of energy for long workouts and marathon type events. (take note I said ATHLETES) Not for everyone. You'll see why later.

Omega-3 fats improve your cell's response to insulin, neurotransmitters and other messengers. They also help the repair process when your cells are damaged.

Just because you are eating more fat doesn't mean you will be fat. What happens here is that the body adapts its metabolism to burn the available fuel. When dietary carbohydrate intake is low, insulin levels fall even lower than the initially low values typically found in highly trained athletes. The rise in fat oxidation in response to decreased insulin is a steep curve (so even a modest drop in insulin in this range can dramatically enhance the body's capacity for fat oxidation. It is a process that has been named keto-adaptation, because to get insulin low enough to unleash fat as a performance fuel, the body shifts into nutritional ketosis. In this clinically benign state, blood glucose is mostly replaced by circulating fatty acids and ketones to fuel the muscles and brain, respectively. And please don't make the unfortunately common mistake of confusing nutritional ketosis (in which blood ketones are regulated by low levels of insulin) with ketoacidosis, in which ketones are unregulated in the complete

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absence of insulin. In ketoacidosis, ketones are typically 10-times higher than in nutritional ketosis. The primary point here is that the body's metabolism in a healthy human is remarkably adaptable, allowing humans to eat a high fat diet without accumulating excess body fat. In the proper environment.

DEFINING INSULIN RESISTANCE

*to define insulin resistance I really like the “cookie story”

Imagine what would happen if you got a delivery of 1000 boxes of cookies every day. Eventually, your house would fill to the top with cookie boxes, until you couldn't fit anymore in.

What do you do at that point? Well, you have to **tell the delivery guy NO.**

That's just what your cells do to the insulin delivery system. Each cell “shuts it doors” or scientifically speaking, it downloads its receptors for insulin. The cells turn down their ability to hear, so they can ignore the insulin knock. There's just no place to store any more delivered glucose.

As you can imagine, when the cells start saying “NO” that is when the cells become INSULIN RESISTANT, glucose (like the cookies) start piling up at the door of the cells. Insulin then has to store the excess glucose in the fat cells as fatty acids instead. But, this solution doesn't work forever. Eventually the fat cells get full too, and turn

down their ability to listen to insulin. This causes the excess blood sugar to start piling up in the bloodstream which leads to diabetes. That should make you want to cut sugar and high carbs completely out of your diet immediately and permanently. But as we all know we don't always listen to logic. Instead the purpose of this report is to educate you and encourage you to create a new habit of including the following foods in your diet replacing the old high trans fat and high carbs with low carb foods, high protein and healthy fats.

Start including these in your diet

As you begin to gradually increase your activity and your protein consumption you should add the Low-Carb Vegetables

Here is a little anagram to help you remember the order of least amount of carbs to highest.

Let Sam & Felix Frolic Run & Skip

This anagram categorizes the low carb veggies from lowest to highest carb content.

To be more specific and maybe easier to remember when you are at the market:

1. **Leaves** have the least amount of carbohydrate, include dark green leafy spinach, kale, lettuce, romaine, green leaf, arugula and butterhead, mustard greens, collard greens, Swiss chard and spinach. Edible Green Leaves include dandelion, red clover, plantain, watercress and chickweed cabbage and broccoli and cauliflower are cruciferous leafy greens and any other leaves. Herbs - parsley, cilantro, basil, rosemary, thyme, etc. (you can usually count these as free foods)
2. **Stems and flowers** including asparagus, artichoke, broccoli, and mushrooms, celery, Bamboo Shoots- Radishes- Brussels Sprouts

3. **Fruits** Have the highest carb content in the good carb category.

The part of the plant that contains seeds is botanically speaking the fruit of the plant. The traditional fruits we normally associate with apple, oranges, melon, grapes, berries are all quite high in sugar content however this category also includes peppers, squashes of all types, green beans, tomatoes, okra, and eggplant. Avocado is also a fruit, though lower in carbs than the others. *Plantains/ bananas have the most carbs and sugar in this category.

*Remember this fact when preparing your High Protein Shake.

4. **Roots and Seeds** -- Many roots are very high in carbs, such as parsnips, water chestnuts, sweet potatoes and yams. (notice I didn't mention white potatoes as they are way too high in carbs and on the glycemic index.) Yams, beets, parsnips, turnips, rutabagas, carrots, yuca, kohlrabi, onions, garlic, celery root (or celeriac), horseradish, daikon, turmeric, jicama, Jerusalem artichokes, radishes, and ginger are all considered roots. Because root vegetables grow underground, they absorb a great amount of nutrients from the soil.

You will notice that some vegetables are in more than one category.

Simply check carb content when you add them to your meal.

Here is an idea of how a high protein low carb day would look with a caloric deficit.

You want to try to keep the ratio 40:40:20 P-F-C or 35:45:20 at least try to keep carbs under 30%

as you can see it is not easy to get the right balance and the correct calories. Here is one easy fix and I mean easy.

BREAKFAST	LUNCH	DINNER
2scoops of Biotrust protein shake (with water or almond milk)	1 boiled egg	1 (7 oz) chicken breast
	½ cup tuna	1 cup broccoli
	lettuce	1 cup stir fry mixed flavorpac
	6 green olives	15 almonds
snack boiled egg		Snack biotrust protein shake
TOTAL PROTEIN	TOTAL FAT & CARB	TOTAL CALORIE
103	30& 39	1008

It is a skill, it takes practice and dedication. You can make it as interesting as you like. Adding the Biotrust Protein Powder has simplified my daily routine. I keep a container at my desk and my

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shaker. It provides 2 meals on the fly is simple and provides all my protein needs as well as keeps me satiated throughout the day.

To make this easier join [KitchenFit.club](https://www.kitchenfit.club). Here you will get meal plans designed for you with the correct caloric deficit and nutrition proportions using the foods you enjoy to get you to your ideal body weight.

Getting fit in the kitchen not only encourages your new healthy lifestyle and healthy style of eating, it also incorporates 3 minutes workouts while you work.

If you love to eat and love to cook this is for you.



SUMMARY

In summary we have learned the following:

Protein is necessary to build cells, bones, muscles and tissues in our bodies. How to determine how much protein we need to eat. How to create a caloric deficit.

Without protein weight loss efforts are futile.

If you are eating more protein you should be attempting to build muscles by lifting weights.

Muscle burns more calories and increases metabolism.

If you are not building muscles and eating a lot of protein you will gain weight.

Protein is a slow burner, keeps you fuller longer, curbs cravings and produces early satiety.

Protein burns 35 calories for every 100 calories ingested, while carbs burn 15 and fat burn only 5. This is called Thermo effect of food.

Protein fuels fat burning and preserves calorie burning lean muscle.

Gluconeogenesis is the process in which your body burns stored fat for fuel instead of carbs and sugar.

The following all have about 6-7 grams of protein:

1 ounce of meat or chicken the size of 2 packs of gum

1 large egg

1 ounce of fish the size of a checkbook

1 ounce of cheese the size of 4 dice squared.

Eat carbs with vitamin B:

Dark green leafy

Cruciferous

Asparagus

Drink 6 (8ounce) glasses of water each day or more.

There is an adjustment phase and drowsiness may occur.

These fats are essential:

Seeds

Nuts

Avocado

Butter

Eggs

One last thing. Remember how Lucy was trying to burn off her fat in a machine by sweating it off? Well she is not that far off target. [The fat that we burn actually exits our bodies via sweat from exercise](#) and our breath when we are exercising. So the next time you are exercising and you are either out of breath or sweating know that you are burning fat! This falls in line with Albert Einsteins theory of thermodynamics.



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