

## Adrenal Fatigue ~ Weight Release 12 Week Program

- Fill out the Five E's Worksheet Daily
  - Rule #1 Eat a protein breakfast within one hour after getting up before your caffeine
  - Rule #2 Do not weigh yourself; try on an article of clothing one time per week
  - Rule #3 Drink eight 8ounce glasses of water per day

### Menu

**To get started**—begin with a five-day carbohydrate withdrawal plan. For this, drink a shake for breakfast, lunch and dinner, protein bar for midmorning snack; cheese stick or two ounces of nuts with ½ cup veggie for mid-afternoon snack. You may need an extra snack during the day as your blood sugar can fluctuate wildly as you go through withdrawal. Symptoms include headaches, bowel changes, irritability, intense cravings, fatigue and shakiness. Take time, be kind to yourself and rest. Carbohydrate withdrawal is like withdrawing from a drug.

**Breakfast** – [Whey Protein Shake](#)© from [HealthyVitality.biz](#)

**Snack** – Protein Bar with 15 gm of protein; suggestions Atkins©, Zone©, Pure Protein©, Balance©, Myoplex© – read the labels.

**Lunch** – [Whey Protein Shake](#)© from [HealthyVitality.biz](#) – 15 to 20 grams of protein per serving

**Snack** – 1-2 ounces of peanuts or nuts, celery and peanut butter, cheese

**Dinner** – Meat, chicken, fish, pork, eggs or tofu with vegetable. No peas, corn or potatoes. Eat Brussels sprouts, broccoli, cabbage, cauliflower, green leafy vegetables every day. Remember portion control. Begin eating on a salad plate and consider moving down to a bread and butter plate. Use butter instead of margarine, full fat salad dressing versus low fat salad dressing in moderation.

**Vitamins and Supplements** – [Fiber Plus](#)© one per day; [Multiple Vitamin](#) and [Orthobiotic](#)© – one per day. Available at [HealthyVitality.biz](#)

After three weeks, start to vary the meal during which you eat food. Eat food for breakfast for one week, protein shake for lunch and dinner; eat lunch for one week, protein shake for breakfast and dinner. Look for new recipes to try that are high in protein and low in carbohydrates.

**Maintenance**—Add one **SERVING** of carbohydrate to each meal. MEASURE. Move away from foods containing gluten – wheat, rye, barley and oats. Eat one serving of fruit per day (no bananas), eat this with a meal or some protein to avoid blood sugar spike.

Begin reading *Invite Joy Into Your Life* by Mary B. Seger NP PhD. Answer the questions at the end of each chapter. Suggested reading *The Belly Fat Cure* by Jorge Cruise.

*Selfish is really Self Preservation ~ Do unto others as you have always done unto another!*