



Ideal Protein Weight Loss Method

- Easy 4-Phase Medically Designed Protocol
- Lose an Average of 3 to 7 Pounds Per Week
- Promotes Fat Loss while Maintaining Muscle
 - Naturally Suppresses Appetite
 - Supports Cellulite Reduction
 - Promotes Vitality & Energy



Phase 3 – “Re-Setting” the Pancreas

Phase 3 is a concept that is unique to the Ideal Protein Weight Loss Method and arguably the most important part of the Ideal Protein Protocol. This phase *always* lasts for 14 days (except for clients engaged in the “Cellulite Protocol” in which only 7 days of this phase are required). This phase is very simple as the *only* difference between Phase 2 and Phase 3 is the morning meal. There are three major objectives in Phase 3 and successfully meeting them will almost certainly guarantee the client long term success in lifetime weight management.

Objectives of Phase 3:

1. Re-start and Re-train the Pancreas to Secrete Normal Amount of Insulin

“Train” the gland organ pancreas to produce the correct amount of the hormone insulin in response to the carbohydrates that are consumed. In other words, we are going to address the problem of *hyperinsulinemia*, a condition which many experts feel is the root cause of *Metabolic Syndrome* or *Syndrome X*.

2. Transition to Maintenance

Provide a transition from a weight loss protocol to a weight maintenance and stabilization protocol. Most diets go directly from their weight loss mode to the maintenance phase as far as calorie consumption is concerned. These types of programs, we feel, promote “food storage” rather than “food burning”. In simple terms, we will slowly increase the caloric intake so our metabolism can keep up with the increased fuel. Losing muscle mass during the weight loss phase and failing to slowly increase calories to a maintenance level are major reasons for the “yo-yo dieting” so typical in most popular programs.

3. Proper Education

It is very important to understand how the body gains weight and dispel some common myths of dieting. Remember that during the very first week of Phase 1 an initial “one-time” weight loss of 2.5 to 5 pounds of water weight was lost as the glycogen stores were broken up. At some point during Phase 3 and the first two weeks Phase 4 you will experience a “one-time” weight gain of 2.5 to 5 pounds as the glycogen stores are replenished. You must understand that this is NOT fat gain. It is common to continue to lose inches during this period which may seem baffling. Also, understand that gaining a little weight over the course of year is a “natural process” and not something to stress about. It is a great idea to “reset the pancreas” every year which will be a tool whereby weight (and all the problems associated with it such as hypertension, hyperglycemia, high cholesterol, etc.) will never have to be an issue again. This is very empowering and is the true gift of the Ideal Protein Weight Loss Method.

Resetting the Pancreas

Remember, the only meal we are changing in Phase 3 is breakfast. Lunch, dinner and evening snack will be exactly the same as they were in Phase 2. The mechanism by which we “reset the pancreas” goes like this: when we start to reintroduce carbohydrates at breakfast, the blood sugar rises. The pancreas now secretes some insulin, but very little is required to lower the blood sugar now. This is because our muscles and liver are depleted of glycogen and, just like after a vigorous workout, our bodies want to replenish the glycogen and much of the glucose can enter the muscle cells without needing the action of insulin. Remember, during Phases 1 and 2 of the protocol, very little carbohydrates were consumed and consequently very little insulin was produced. This period gave the cells of our bodies the

required time to “regain their insulin sensitivity”. Now when they see insulin they respond to its presence instantly. The bottom line is that very little insulin is now required to facilitate glucose uptake and the pancreas no longer needs to “keep pushing insulin” in order to regulate blood glucose control. Remember at the initial consult we talked about how “someone with normal metabolism from a properly functioning pancreas can eat whatever they want and not gain an ounce while you may just have to smell a donut and gain 2 pounds”? Well, guess what, we just made you like them!

Eliminating the Fear of Normal Eating and Weight Gain

Remember the anxiety you may have had when you moved from Phase 1 to Phase 2? Your fear may be even higher now that we’re telling you to start having breakfasts containing 400-500 calories (when you were having only a 100-calorie breakfast during the first two phases) along with “lots of dreaded carbohydrates and fat”! Your fear should be calmed after you understand that you won’t gain the weight back as you slowly transition back into a normal 2000 calorie diet during the next maintenance phase.

One-Time Initial Weight Gain

You’ve worked really hard to lose the weight and get to your goal. Now is when you begin the process of lifetime weight management to stay at your goal. Remember during the very first week of Phase 1 you lost a lot more for that week than the rest of the weeks following. As the glycogen stores were broken up, an initial “one-time” weight loss of 2.5 to 5 pounds of water weight was lost. At some point during Phase 3 and the first two weeks Phase 4 you will experience a “one-time” weight gain of 2.5 to 5 pounds as you replenish your glycogen stores. You must understand that this is NOT A GAIN OF FAT.

3500 Calories Makes a Pound of Fat

Do you remember how many calories it takes to make a pound of fat? 3500 calories equals a pound of fat. So if you lost a pound, how many calories did you burn? 3500 calories! So if you lost a pound over the course of a week that means you lost 500 calories per day (3500 divided by 7 days). So now in Phase 3 you’re going to eat 400-500 more calories per day for breakfast. What do you think is going to happen? The answer – you’re going to stop losing weight or maybe even lose a tiny bit more but certainly not gain weight. Welcome to the beginning of a maintenance program! Understand that it is impossible to gain weight when we move into Phase 3.

The Holiday Meal Myth

The Holidays are a great source of stress and anxiety for folks who have struggled with their weight. You must understand what happens when you overindulge. Can you really gain 3 pounds of fat after Thanksgiving or Christmas Dinner? No, and here’s why. Remember you learned it takes 3500 calories to make a pound of fat, so 3 pounds would be 10,500 calories. And that’s not all. Your minimum daily basal metabolic rate (BMR) which your body burns naturally for energy is around 1500 calories per day. So to gain 3 pounds of fat you would need to consume 12,000 calories! Now, 3000 calories is a FULL DAY’S worth of food for a large man. Let’s say you totally indulge and go overboard at your next holiday meal and you have a dozen bottles of beer and a dozen cookies (about 125 calories each beer and cookie) along with everything else. Now do the math. 24 items times 125 calories equals 3000 calories (only 9000 to go!). That means in addition to the two dozen beers or cookies, you would have to eat a full day’s worth of food for breakfast, lunch AND dinner! Of course this is impossible, unless you’re literally a Sumo wrestler in training or morbidly obese weighing from 500 to 1000 pounds.

So what does those 3 pounds that shows up on the scale the next day really indicate? The answer is all of the food that is still in the intestines, all of the fluid/water consumed (the more we eat the more we have to drink in order to digest) and the fluid that is retained due to all the salt that was consumed eating rich foods and desserts. It is truly amazing how many people think they can gain a couple of pounds due to one day’s indulgence! That’s not going to happen unless that one day’s overindulgence is repeated several times in a week.

The Physiological Principle Behind Phase 3

After spiking from the increased blood sugar level with the carbohydrates at breakfast, the insulin levels will fall and if we do not eat any other carbohydrates, as the blood sugar drops, glucagon and other substances (like nor epinephrine) will be produced and these will enhance “catabolism” (the breakdown of fats, proteins and glycogen). In other words, we are enhancing the “burning phase of metabolism”, whereas insulin promotes “anabolism” (the storage of nutrients). This is how we are going to ramp up the dieter’s calorie burning capacity. Also we only want the cells to “see insulin” once a day so as to prevent them from reverting to insulin resistance. This is especially important

in those persons who were Type II diabetics or the one with poor blood sugar control (insulin resistant). This is why so many other diets fail after the weight loss phase; they don't give the body time to adjust to the sudden increase of food.

The Phase 3 Protocol

After completely resting the pancreas during Phases 1 and 2, now we are going to “wake up the pancreas” and train it to produce the correct amount of insulin. To do this we are going to introduce carbohydrates ONLY DURING THE MORNING MEAL. It is extremely important that this breakfast is consumed at one sitting! All of the food that is on your breakfast menu MUST be consumed at breakfast all at the same time. That is, do not eat your eggs and fruit at breakfast and take your yogurt to the office to have as a midmorning snack. The reason for this is we only want insulin to be secreted once a day. Remember that lunch, dinner and snack remains the same as it was in Phase 2.

The Breakfast Meal

The Phase 3 breakfast will consist of each of the following: Protein, Carbohydrate, Fat and Fruit. You will consume a meal that includes each of these four food sources. Meals should consist of 30g or less of Carbohydrates (subtract the grams of fiber from total carbohydrates), 20g or less of Fruit, 15g or less of Fat and 25g or less of Protein. Breakfast should be between 400 and 500 calories in Phase 3.

Sample Carbohydrates

Arnold Rye, Wonder Bread, 7 Grain Bread, Stone Ground Wheat, Arnold Carb Balance (make sure the first word on the bread ingredient label says “whole”), Quaker Oatmeal Pancake mix, Quaker 5 minute Grits, Thomas’ Hearty Grain English Muffin, Alpen Unsweetened Muesli

Sample Fruits

Blueberries, Strawberries, Raspberries, Blackberries, Honeydew, Banana, Peach

Sample Fats

1% Milk, Soy Milk, Almond Milk, Philly 1/3 less Fat Cream Cheese, 4% Cottage Cheese, Butter, Low-Fat Organic Yogurt, “Veggie Cheese”

Sample Proteins

Ideal Protein Packet, Eggs, Egg Whites, Bacon (Oscar-Mayer regular cut), Ham Steak, Ham Steak (Jones Brand 7oz), Nova brand Lox, Peanut Butter, Franklin Farms Veggie Burger, Franklin Farms Portobello Burger, Smart Deli (soy) Baked Ham, Franklin Farms “Soyrizo”

Sample Menus

- 1) 1/2 grapefruit, 2 eggs any style, 3 pieces of bacon, 2 slices stone-ground wheat toast, butter, coffee or tea.
- 2) 1 cup of mixed melon (cantaloupe/honeydew), 2 (4”) Quaker Oatmeal pancakes with pecan halves, 1 small smoked pork chop (fat trimmed off), IP Maple syrup, 8 oz of 1% milk, coffee or tea.
- 3) 1 cup of blueberries, 2 eggs any style, 1 serving of Quaker Brand 5 minute Grits, 3 pieces of bacon, 8 oz 1% skim milk, coffee or tea.
- 4) 1 cup of cantaloupe, 2 egg + 3 egg white omelet, 1 (3 oz) piece of smoked sausage, 2 tablespoons of “sauce Picante”, 2 pieces of stone-ground whole wheat toast, butter, 4 oz of 1% milk, coffee or tea.
- 5) 1 cup of mixed berries, 8 oz plain low-fat yogurt, 1/3 cup whole grain cereal, 1 piece “Carb Balance” toast, 1 tablespoon of almond butter, coffee or tea.

Condiments

Coffee and tea creamers can be milk, Half & Half or use IP’s Premixed Vanilla protein drink. Never use non-dairy coffee creamer as these are hydrogenated oils and are metabolic poisons! Sweeteners can be Splenda, Stevia, Truvia, or Xylitol. Most commercial Salsa products are fine but watch fruit salsas like peach or mango that have too much sugar. Picante sauces, hot sauces as well as mustards are fine also. For ketchup, “Heinz 1 Carb Ketchup” tastes like the real stuff but with much less sugar. Use IP’s Maple syrup for pancakes/waffles and Walden Farms Jams and Jellies for your toast.

Note:

Stay away from fruit juices and dried fruits! These are concentrated sources of sugar. If you crave juices, use the IP products like half of Peach Mango drink, Pineapple Banana drink, or Blueberry, Cranberry & Pomegranate.