

**BIGGER
SMALLER
BIGGER**

WEIGHT LOSS PROTOCOL

NATE GREEN

**CREATED BY
DR. JOHN BERARDI**

	CARBOHYDRATES	PROTEIN AND FAT	WATER	SALT	DIURETICS	LAXITIVE	EXERCISE	SAUNA OR IMMERSION
Sunday	Less than 50g; no fruits, starches, or sugars	As much as you want in 3 meals	2 gallons	No salt	None	None	As per Martin	None
Monday	Less than 50g; no fruits, starches, sugars	As much as you want in 3 meals	1 gallon	No salt	None	None	As per Martin	None
Tuesday	Less than 50g; no fruits, starches, sugars	As much as you want in 3 meals	1 gallon	No salt	None	None	As per Martin	None
Wednesday	Less than 50g; no fruits, starches, sugars	As much as you want in 3 meals	0.5 gallon	No salt	None	None	As per Martin	Sauna in afternoon
Thursday	Less than 50g; no fruits, starches, sugars	Eat 3 very small meals throughout day	0.25 gallon	No salt	MHP Xpel 1 dose with breakfast, lunch, and dinner	None	As per Martin	Sauna in afternoon then immersion in evening if necessary
Friday WEIGH-IN and TESTING at 6pm	Less than 50g; no fruits, starches, sugars	Eat 2 very small meals until weigh-in then 1 meal after weigh-in before testing	None till weigh-in	No salt	MHP Xpel 1 dose with breakfast, lunch, and dinner	None	As per Martin	Sauna in afternoon then immersion in evening if necessary

HOT WATER IMMERSION

If required, fill a bathtub with water that doesn't burn the hand but causes moderate pain if the hand is under water. Also add 1 cup Epsom salts. Submerge your entire body and head so that only your face is exposed to the air. Weigh in and then get in tub for 10 minutes. Exit the tub at the 10 minute mark, weigh-in again, and place an ice pack over your head and neck to cool off. Don't shower. Do this 1x on Thursday evening if necessary and 1x on Friday before weigh-in if necessary. For all sauna and immersion bouts, weigh-in before and after to track rate of weight loss.

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	CARBOHYDRATES	PROTEIN AND FAT	REHYDRATION BEVERAGE	SALT	DIURETICS	EXERCISE	IMMERSION
Friday	Eat as much as you want in one meal after weigh-in and testing	Eat as much as you want in one meal after weigh-in and testing	Drink 1L per hour awake after weigh-in	Salt food	None	None	None
Saturday WEIGH IN and TESTING at 6pm	Eat satisfying amount in 4 meals before weigh-in and testing	Eat satisfying amount in 4 meals before weigh-in and testing	Drink 1L per hour awake but stop 3 hours before weigh-in/testing	Salt food	None	None	None

REHYDRATION BEVERAGE

Use 1/2 scoop of Surge Workout Fuel per 1L of water

NOTES

On average, the body can absorb only about 1L (2.2lbs) of fluid an hour. So it's important not to drink any more than that. Sipping 1L (2.2lbs) per hour is the way to go. However, obviously, not all the fluid will be retained. In fact, probably about 25% of it will be lost as urine. So, here's the math.

9L (20lbs) of water to get back. 11L (25lbs) of fluid between Friday weigh-in and Saturday weigh-in to get it all back. 24 hours - 8 of which be sleeping and 3 will be leading up to Saturday weigh-in. Leaving 13 hours for rehydration. At 1L per hour, that's 13L or up to 28lbs you can get back. So you should be cool.