

# Upgrade Program Nutrition Plan

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## Introduction

This document is part of a series of upgrade plans for every [area](#) of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Please remember that as you go down your nutrition journey that it's simultaneously extremely simple and extremely complex.

On the simple side, this quote from Michael Pollan captures much of it: *"Eat food, not too much, mostly plants."*

But in some cases what you actually do to optimize your nutrition may be extremely complex. The field of nutritional science does not yet have clear cut answers to optimal human nutrition and will not for many years. There is no one true answer to what you "should" eat to be at your best. There's a lot of heterogeneity in how different people respond to different foods and a great deal of uncertainty at the individual food, supplement, and behavioral level. That said, since good nutrition is so critical for overall health and well-being, it's important to optimize as best you can.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly—think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the [Actions](#) section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated [day](#) to work exclusively on this by yourself or with friends. Or you may choose to enlist an [UP Coach](#) to co-design and execute this plan alongside you.

## Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally high confidence in plan
- Based on ~300 hours of direct research (primarily from key experts and nutritional guidelines), 10 years of poor personal practice and sporadic research, and 10 years of good personal practice and good research

## Objectives

Decide what objectives you have with this plan and rank them in order of importance. Below are some sample objectives.

1. Maximize healthspan and lifespan
  - a. Maximize day-to-day health, wellbeing, and energy
  - b. Minimize risk of disease, illness, injury, and disability
  - c. Achieve optimal balance of macronutrient and micronutrients
2. Reach desired optimal body mass index and body fat levels
3. Eat as ethically as you desire
  - a. Minimize suffering of sentient life from nutritional choices
  - b. Minimize environmental impact from nutritional choices
4. Eliminate unhealthy eating patterns, thoughts, and/or feelings
5. Maximize pleasure from nutritional choices
6. Minimize total preparation, cleaning, and consumption time from nutritional choices

## Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Nutrition Rating: How would you rate your nutrition, on a 1-10 scale?
- Daily Caloric Intake
- Weight
- Body Mass Index (BMI)
- Blood Sugar Level
- [Food Benefits Assessment Score](#)
- [Total Daily Energy Expenditure \(TDEE\) Calculator Score](#)
- Average [Nutri-Score](#) of Diet

## Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Healthspan
2. Lifespan
3. Well-being
4. Animal welfare
5. Self-esteem
6. Social
7. Leisure
8. Happiness
9. Pleasure

## Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value, cost-benefit, return on investment, and/or net present value.

- Time costs: 1 - 30,000 hours
- Financial costs: \$0 - \$25,000/year (e.g., food, drink, registered dietitians/nutritionists, apps, books, etc.)
- Benefits: \$X in extremely large objective and subjective benefits (e.g., lifespan, healthspan, happiness, self-esteem, appearance improvements, etc.)

## Strategies

Decide on your high-level strategies for achieving your objectives. Below are some sample strategies.

### *Key People*

- Do the work on your own
- Outsource some or most of the work to experts (e.g., registered dietician, nutritionist, primary care physician, chef, etc.)
- Outsource some or most of the work to assistants

### Key Timings

- Make incremental changes every day until you reach your objectives
- Make as many changes as you can over a set period (e.g., one month, six months or one year)
- Make changes as intensively as you can until you reach your objectives

### Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

1. Describe your [mental model](#) of nutrition
  - a. Create a visual representation of it from memory without referencing this plan or outside sources of information
  - b. Create a new visual representation after thoroughly studying this plan and any relevant sources of information
  - c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the [assessments](#), [tools](#), and [resources](#) below
3. Get a consultation with a registered dietitian (or nutritionist) and/or your primary care physician if they are well-versed in nutrition
  - a. Research the practitioner beforehand. Selecting the right expert to trust is hard as knowledge varies dramatically between them. Take your time, ask a lot of questions, and triangulate from multiple sources.
  - b. Discuss all foods, drinks, and supplements with the practitioner before taking them. Variations on exact types, combinations, and quantities will be based on a number of factors including family health history, body type, blood test results, gender, and race.
4. Consider getting your blood tested to determine if you have any nutritional deficiencies
5. Create a diet plan (e.g., consider using [Eat This Much](#) or [Precision Nutrition](#) or similar to generate it for you)
  - a. Decide on desired total daily caloric intake
    - i. Practice mild to moderate caloric restriction if you'd like to lose weight
    - ii. Practice mild to moderate caloric surplus if you'd like to gain weight
  - b. Decide on food type (e.g., traditional meals, meal replacements or a mix)
  - c. Decide on specific meals, snacks, and drinks
    - i. Ensure desired macronutrient and micronutrient levels
      1. Reasonably solid evidence

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- a. Vitamin D<sup>1</sup>
  - b. Magnesium<sup>2</sup>
  - c. K2<sup>3</sup>
  - d. Omega 3 fatty acids<sup>4</sup> (EPA/DHA)
  - e. B complex<sup>5</sup> (B12 especially with vegetarian/vegan diets)
  - f. Probiotics<sup>6</sup>
  - g. Sleep supplement (see [UP Sleep Plan](#) for options)
    - i. Melatonin
  - h. Creatine (if weight training)
  - i. Fermented foods<sup>7</sup>
2. Limited evidence
- a. Curcuma/curcumin/tumeric<sup>8</sup>
  - b. Nicotinamide mononucleotide<sup>9</sup>
  - c. Nicotinamide riboside<sup>10</sup>
  - d. Choline<sup>11</sup>
  - e. Selenium<sup>12</sup>
  - f. Iodine<sup>13</sup>

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<sup>1</sup> [Vitamin D promotes protein homeostasis and longevity via the stress response pathway genes SKN-1, IRE-1, and XBP-1](#), [Vitamin D and the anti-viral state](#)

<sup>2</sup> [Association of dietary magnesium and DNA repair capacity with lung cancer risk](#), [Suboptimal magnesium status in the United States: are the health consequences underestimated?](#)

<sup>3</sup> [The relationship between vitamin K and peripheral arterial disease](#)

<sup>4</sup> [Blood n-3 fatty acid levels and total and cause-specific mortality from 17 prospective studies](#), [Plasma phospholipid long-chain omega-3 fatty acids and total and cause-specific mortality in older adults: the cardiovascular health study](#), [Fish Consumption, fish oil, omega-3 fatty acids, and cardiovascular disease](#)

<sup>5</sup> [Folic acid, vitamin B6, and vitamin B12 in combination and age-related macular degeneration in a randomized trial of women](#), [Rationale, design and baseline characteristics of a large, simple, randomized trial of combined folic acid and vitamins B6 and B12 in high-risk patients: the heart outcomes prevention evaluation \(HOPE\)-2 trial](#)

<sup>6</sup> [Probiotics and immune health](#), [Probiotics: progress toward novel therapies for intestinal diseases](#)

<sup>7</sup> [Health benefits of fermented foods](#)

<sup>8</sup> [Therapeutic roles of curcumin: lessons learned from clinical trials](#)

<sup>9</sup> [A Multicentre, randomised, double blind, parallel design, placebo controlled study to evaluate the efficacy and safety of uthever \(NMN supplement\), an orally administered supplementation in middle aged and older adults](#), [NAD + intermediates: the biology and therapeutic potential of NMN and NR](#), [chronic nicotinamide mononucleotide supplementation elevates blood nicotinamide adenine dinucleotide levels and alters muscle function in healthy older men](#)

<sup>10</sup> [Nicotinamide riboside, a form of vitamin B 3, protects against excitotoxicity-induced axonal degeneration](#), [Chronic nicotinamide riboside supplementation is well-tolerated and elevates NAD+ in healthy middle-aged and older adults](#)

<sup>11</sup> [Lifelong choline supplementation ameliorates Alzheimer's disease pathology and associated cognitive deficits by attenuating microglia activation](#)

<sup>12</sup> [A nutrient approach to prostate cancer prevention: the selenium and vitamin E cancer prevention trial \(SELECT\)](#),

<sup>13</sup> Deficiencies are common and often underdiagnosed because the most widely used way to test is widely inaccurate: [Do thyroxine and thyroid-stimulating hormone levels reflect urinary iodine concentrations?](#)

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- g. Resveratrol<sup>14</sup>
  - h. Lithium<sup>15</sup>
  - i. L-Carnitine<sup>16</sup>
  - j. Glycine<sup>17</sup>
  - k. Beta-alanine<sup>18</sup>
  - l. B-12<sup>19</sup>
3. Consider [KetoChow](#), [Soylent](#), [Huel](#), [Power Smoothies](#), [Meal Squares](#), [Athletic Greens](#), [Care/of](#) or similar to ensure you hit your desired levels
    - d. Decide on an eating schedule (e.g., intermittent fasting<sup>20</sup>, all day fasting, ad libitum, etc.)
    - e. Decide on food sourcing (e.g., meal delivery service, online retailer, local grocery store, nearby restaurants etc.)
    - f. Decide on food preparation (e.g., single meal preparation, batch cooking, personal cooking, shared cooking with housemates, personal chef, outsourced to restaurant chefs, etc.)
    - g. Decide on utensils (e.g., reusable containers and cutlery, disposable containers and cutlery)
      - i. Consider using smaller plates if you want to lose weight
    - h. Decide on the post-meal process (e.g., you wash, housemates wash, maid washes, etc.)
  6. Begin eating from your diet plan and adjust as necessary
  7. Practice mindful eating
    - a. Chew every bite 15 times
    - b. Practice savoring every bite from time to time
  8. Track and analyze your diet
    - a. Consider using tools to log all food and drink consumption (e.g., [MyFitnessPal](#), [Cronometer](#), etc.)
    - b. Consider sharing data with accountability partners
  9. Improve your [health](#)
  10. Improve your [fitness](#)
  11. Improve your [behavioral mastery](#)

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<sup>14</sup> [Resveratrol regulates neuro-inflammation and induces adaptive immunity in Alzheimer's disease, Effects of resveratrol on memory performance, Hippocampal functional connectivity, and glucose metabolism in healthy older adults, Multiplicity of effects and health benefits of resveratrol](#)

<sup>15</sup> [Standard and trace-dose lithium: a systematic review of dementia prevention and other behavioral benefits, Lithium leads to increased lifespan and better locomotor phenotype](#)

<sup>16</sup> [L-carnitine](#)

<sup>17</sup> [Glycine](#)

<sup>18</sup> [Beta-alanine](#)

<sup>19</sup> [B-12](#)

<sup>20</sup> [Updated Meta-Analysis of Studies from 2011 to 2021 Comparing the Effectiveness of Intermittent Energy Restriction and Continuous Energy Restriction](#) - intermittent fasting (IF) may be net beneficial if it personally helps you maintain your desired caloric intake, otherwise it might make sense to avoid

12. Improve your [emotional well-being](#)
13. Improve your [sleep](#)

## Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

## Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
  
- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

Specifically, in six months I predict I will:

- [X]% chance of losing X pounds of body fat
- [X]% chance of gaining X pounds of body fat
- [X] pounds of body fat lost in expectation

My uncalibrated long-term prediction based off fully executing this plan is:

- [X]% chance of losing x pounds of body fat and then returning to baseline body fat
- [X]% chance of losing and keeping off X pounds of body fat
- [X]% chance of losing and keeping off X pounds of body fat
- [X]% chance of gaining and keeping on X pounds of body fat
- [X] pounds of body fat lost and kept off in expectation

## Outcomes

Objectively record how well you achieved your objectives.

- [Date #1]: [Outcomes]
- [Date #2]: [Outcomes]



- [Date #3]: [Outcomes]
- [Date #4]: [Outcomes]
- [Date #5]: [Outcomes]
- [Date #6]: [Outcomes]
- [Date #7]: [Outcomes]
- [Date #8]: [Outcomes]
- [Date #9]: [Outcomes]
- [Date #10]: [Outcomes]

## Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below are some sample assessments.

- [Binge Eating Scale \(BES\)](#): a 16-item questionnaire assessing the presence of certain binge eating behaviors which may be indicative of an eating disorder
- [Eating Attitudes Test – 26 Item \(EAT-26\)](#): a screening measure to help determine if an eating disorder exists that needs professional attention
- [Food Benefit Assessment \(FBA\)](#): a questionnaire to find out how what one eats affects well-being, energy, sleep, and digestion
- [Total Daily Energy Expenditure \(TDEE\) Calculator](#): a measure of how many calories an individual burns per day, as well as BMI, BMR, Macros, and many other useful statistics (UP Top Pick)

## Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- [5-HTP](#)
- [Accelon Omega 3](#)
- [Alive By Science](#)
- [Amazon Meal Kits](#)
- [Ambronite](#)
- [Ample](#)
- [Apeiron Genetics](#)
- [Apeiron Zoh](#)
- [Apigenin](#)
- [Argus](#)
- [Ashwagandha](#)
- [Athletic Greens](#)
- [Awesome Meal](#)
- [Blackmores](#)
- [Blue Apron](#)

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- [BodyMedia](#)
- [Bulletproof](#)
- [Brainwave Optimization \(High-resolution, Relational, Resonance-based Electroencephalic Mirroring or HIRREM\)](#)
- [Calcium](#)
- [Calorie Mama](#)
- [Cannabidiol \(CBD\) oil](#)
- [Care/of](#)
- [Cuprous Nicotinic Acid](#)
- [Cerebrolysin](#)
- [Cereset](#)
- [Copper](#)
- [Cronometer](#)
- [Daily Harvest](#)
- [Dinnerly](#)
- [Doctor's Best](#)
- [Eat This Much](#)
- [Element Bars](#)
- [Enquos](#)
- [EveryPlate](#)
- [Examine.com](#)
- [Exo](#)
- [Factor\\_](#)
- [Fastic](#)
- [Fisetin](#)
- [Fitocracy](#)
- [Flaxseed](#)
- [Folinic acid](#)
- [Food Sense Guide](#)
- [FoodSense](#)
- [Foodsmart](#)
- [Fresh N' Lean](#)
- [FreshDirect](#)
- [Freshly](#)
- [Freespira Breath Biofeedback](#)
- [GeneFood](#)
- [Glucose Buddy](#)
- [Glutathione](#)
- [Gobble](#)
- [Green Chef](#)
- [HealthifyMe](#)
- [Healthy Care](#)
- [Healthy But Smart](#)

- [HelloFresh](#)
- [Home Chef](#)
- [Home Chef's Fresh and Easy](#)
- [Homemade Electrolyte Drink](#)
- [Humane Eating Project](#)
- [Hungryroot](#)
- [Hyperbaric Oxygen Therapy](#)
- [Intermittent fasting](#)
- [InsideTracker](#)
- [Instacart](#)
- [Iodine](#)
- [Jarrow Formulas](#)
- [Kava](#)
- [Keto Chow](#)
- [Krill oil](#)
- [Kuli Kuli Bar](#)
- [Labdoor](#)
- [Lief heart rate variability \(HRV\) biofeedback](#)
- [Life Extension](#)
- [Lifesum](#)
- [Lithium Orotate](#)
- [Lemon balm extract \(Melissa officinalis\)](#)
- [LENS Neurofeedback](#)
- [Lose It!](#)
- [L-Theanine \(Sublingual\)](#)
- [Lumen](#)
- [Magnesium](#)
- [Martha & Marley Spoon](#)
- [MBerry](#)
- [MealSquares](#)
- [Medium-chain triglyceride \(MCT\) oil](#)
- [Melatonin \(Liposomal\)](#)
- [MiraBurst](#)
- [Miracle Fruit](#)
- [MyFitnessPal](#)
- [Native Forest](#)
- [Natrol](#)
- [Nature's Bounty](#)
- [NatureBox](#)
- [Neurofuel](#)
- [Noom](#)
- [Nootroo](#)
- [Now](#)

- [Now Unflavored MCT Oil](#)
- [Nutrition Facts](#)
- [NuVal Attribute Program](#)
- [Olive oil](#)
- [Onnit](#)
- [OpenFoodFacts](#)
- [Perfect Day](#)
- [Pete's Paleo](#)
- [Phosphatidylserine \(liposomal\)](#)
- [Plenity](#)
- [Polygala tenuifolia](#)
- [Power Smoothie](#)
- [Postmates](#)
- [Precision Nutrition](#)
- [Progesterone Liposomal](#)
- [Propranolol](#)
- [Pulseless electrical activity \(PEA\)](#)
- [Purple Carrot](#)
- [Quantitative Electroencephalography \(QEEG\)](#)
- [Resurgence Wellness](#)
- [Rise](#)
- [Rubyberry](#)
- [Saffron Extract](#)
- [Sakara Life](#)
- [Selenium](#)
- [Self Nutrition Data](#)
- [Simple Green Smoothies](#)
- [Simple Science Fitness](#)
- [Sinless Snacks](#)
- [Snap Kitchen](#)
- [Soylent](#)
- [Spermidine](#)
- [Splendid Spoon](#)
- [Sun Basket](#)
- [Sundown](#)
- [Sunwarrior](#)
- [Tasty](#)
- [Taurine](#)
- [TDEE Calculator](#)
- [The Center for Mindful Eating](#)
- [ThinkMelon](#)
- [Thistle](#)
- [Thrive Market](#)

- [Trifecta](#)
- [TruBrain](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Behavioral Plan](#)
- [UP Curriculum](#)
- [UP Emotional Plan](#)
- [UP Fitness Plan](#)
- [UP Health Plan](#)
- [UP Sleep Plan](#)
- [UP Tools](#)
- [Vagus nerve stimulation](#)
- [Vielight Brain Photobiomodulation](#)
- [Veestro](#)
- [Vitamin A](#)
- [Vitamin C \(liposomal\)](#)
- [Vitamin D](#)
- [Vitamin K2 \(MK-7\)](#)
- [Vitamix](#)
- [Vivoo](#)
- [Whole30](#)
- [Yumbles](#)
- [Zomato](#)

## Resources

List all of the resources you might use to achieve your objectives. Here are some sample resources.

### General

- [Anti-Inflammatory Diet](#)
- [Batch cooking](#)
- [Best Diet Programs](#)
- [Biohack Stack](#)
- [BioMindMap](#)
- [Bulletproof Diet](#)
- [Calorie restriction](#)
- [Carnism Debunked](#)
- [Diet](#)
- [Elimination diet](#)
- [Elimination Diet Infographic](#)

- [Flexitarian diet](#)
- [Food Impacts](#)
- [Intermittent fasting](#)
- [Ketogenic diet](#)
- [Ketogenic Support Group](#)
- [Low-carbohydrate diet](#)
- [Low-fat diet](#)
- [Menno Henselmans](#)
- [Novos Longevity Diet](#)
- [Open Food Facts](#)
- [Paleolithic diet](#)
- [Protein-sparing modified fast \(PSMF\) diet](#)
- [The Hungry Brain: Outsmarting the Instincts That Make Us Overeat](#)
- [Vegan diet](#)
- [Vegetarian diet](#)

### **Nutrition Weight Loss Plan Sample**

- General Plan
  - Eat at -20% of maintenance calories until desired body composition is reached
  - Eat targeted ketogenic diet, with bulk of carbs pre-exercise
  - Eat within careful macronutrient ratios (especially <40g of carbs a day)
  - Eat in intermittent fasting (IF) 20:4 window of 4pm-8pm
  - Eat two meals per day with minimal light snacking
  - Eat Monday afternoon until Sunday afternoon and fast Monday evening to Monday morning
  - Use small plates, bowls, and cups<sup>21</sup>
  - Either:
    - i. Use meal delivery service for 95% of meals (13/week) and personal discretion for 5% of meals (1/week) or do meal preparation from delivered foods
    - ii. Use personally batch cook meals twice/week and prepare shakes daily
  - Share nutrition data, daily weight, and body fat daily with partners via [MyFitnessPal](#) and [Body Cardio Scale](#)
  - Hold biweekly UP Coach check in calls, hold weekly housemate check ins, check in with others on an ad hoc basis, and check in pre- and post-plan execution with registered dietician
  - Set financial commitment of \$1,000 to anti-charity on [StickK](#) if goal is not reached and allocate \$1,000 to your Vacation Fund if goal is reached

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<sup>21</sup> [Whether Smaller Plates Reduce Consumption Depends on Who's Serving and Who's Looking: A Meta-Analysis | Journal of the Association for Consumer Research](#)

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- Meditate for 10+ minutes with [Calm](#) daily and practice chewing each bite of food 15 times
- Place motivational posters or post it notes around eating areas and create visual progress chart in key area
- Read [The Hungry Brain: Outsmarting the Instincts That Make Us Overeat](#)
- Kick Off Plan
  - Create and begin updating visual progress chart
  - Temporarily move all non-diet foods outside of reach (with housemate's help)
  - Under the guidance of your doctor and registered dietician, complete a 3 day water fast with electrolyte drink to: (a) lose ~3 pounds, (b) redefine relationship with food to an empowering one, (c) increase baseline energy after completion, and (d) test for food allergies after completion
  - Complete 3 days of daily check ins with partner
  - Hold first housemate check in
- Short-Term Plan
  - Begin 21 day bland liquid diet (KetoChow base minerals with limited organic chocolate powder and/or stevia to mild taste) eaten to fullness with supplement stack and electrolyte drink consumed to: (a) lose ~7 pounds, (b) redefine relationship with food to an empowering one, (c) increase baseline energy after completion, and (d) test for food allergies after completion
  - Log all food in [MyFitnessPal](#) immediately prior to or after eating (focus on establishing habit)
  - Hold biweekly check ins with partner
  - Hold weekly housemate check ins
  - Reward self with favorite food in reward meal on day 21 with housemates
- Nutritional Overview
  - Eat 50% meals and 50% shakes
  - Eat highest nutritional density food possible
  - Eat tastiest food possible
  - Eat most convenient food possible
  - Eat mostly organic, grass-fed, cage-free, humanely treated, and sustainable foods
  - Eat the same thing most days
    - Incorporate 1-2 never tried before food(s) per week
    - Allow for 1-2 off-diet meals per week
  - Either:
    - Eat a targeted [ketogenic diet](#) (TKD)
      - Benefits: (a) increased energy, (b) higher satiety/lower hunger due to high fat and modest protein, (c) fastest fat oxidation, (d) improved cognition, and (e) simplification of food choices
    - Eat a [vegetarian](#) diet
      - Benefits: (a) reduce animal harm and (b) reduce environmental harm
    - Eat a low-meat, [flexitarian diet](#)

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- Benefits: (a) reduce animal harm and (b) reduce environmental harm
- Load 90%+ of daily carbs 1-2 hours prior to workout
- If desired, do a monthly 3-day carb refeed with <25% more calories (made up completely from complex carbohydrates) than maintenance at the beginning of each month
  - Benefits: (a) fun and variety, (b) potential leptin reset, (c) psychologically break up fasting period to shorter sprint, and (d) reward for previous month's success
- If desired, every 3 months add 4 days to the normal 3-day carb refeed (but at maintenance and not surplus calories)
  - Benefits: same reasons as carb refeeds
- Drink a [KetoChow ketogenic shake](#)
  - Benefits: (a) simplicity, (b) flexibility while traveling, and (c) ease of incorporating supplements
- Supplement with a customized stack of minerals and vitamins
  - Supplement with customized stack
    - Item #1
    - Item #2
    - Item #3
  - Supplement with a daily electrolyte drink
    - 1 [Crystal Light](#) flavored packet, 3g iodized salt, 4.7g potassium
    - If desired, [Homemade Electrolyte Drink](#)
    - If desired, [Lite Salt](#) / No Salt, and/or 1 cup of bouillon, stock or broth
- Macronutrients
  - Eat 40 g Carbs (8%, 160 kcal)
  - Eat 125 g Protein (25%, 500 kcal)
  - Eat 147 g Fat (67%, 1,323 kcal)
- Meal
  - Eat 1 food meal/day
  - Eat 1 shake meal/day
  - Snack lightly if needed
- Eating Window
  - Eat in a standard 20:4 hour intermittent fasting (IF) window of 4pm-8pm (4 hours) with two 992 calorie meals and minimal snacking
    - Benefits: (a) reduced hunger (leptin) upregulation after diet ends, (b) reduced hunger throughout diet, (c) maximum fat oxidation (you don't burn stored fat until your last meal is burned off), (d) saved time, and (e) improved cognition
  - Do 1 all day fast/week (ADF)
    - Benefits: same as IF and (f) induce autophagy
  - If desired, do 3 all day fasts/week
    - Benefits: same as IF and ADF and (g) maximize weight loss



- Calories Intake
  - Total daily maintenance calories: 2,380
  - Total daily caloric deficit: 20% / 496
  - Total daily intake calories: 1,983
  - Total meal calories: 992
  - Total weekly intake calories: 13,881
  - Total six-month intake calories: 361,898
  - Total six-month meals: 365

## Notes

Add any random thoughts, questions, and uncertainties you may have.

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