



Ancient Nutrition
Protocol



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In our food world there is no fear or guilt – rather, there is a means to unlock your body's full potential.

The 42DC Ancient Nutrition Protocol divides your day's calories into 3 meals!

For us, nutrition is not low fat, it is not low calorie. It is not being hungry or feeling deprived. It's nourishing your body with real, whole foods so that you are constantly satisfied and energized to live life to the fullest. After all, isn't that what this life is about? It's about being really truly happy so, run like you are on fire towards your wildest dreams. Drop every fear. Take every chance!

Eat clean. Train dirty.

The following nutrition plan has been tailored for you individually, based on your BMR. Please ensure that you follow this meal plan *exactly as it is* in order to achieve maximum results over the next weeks. If you have any questions or concerns pertaining to this meal plan, kindly contact us at:

- Nusrat: 0324-2286487
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Back to the basics!

How the Primal Protocol Works with 3 meals a day:

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"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." – Hippocrates

We've been told for years that the key to healthy eating, weight loss and weight management is eating 5-6 mini meals throughout the day, but is it right for everyone?

It was thought that eating every few hours boosts your metabolism as your body burns energy when digesting food so the more frequently you eat, the more calories you'll burn. Eating frequently also means that having a planned, healthy meal every 2-4 hours will ensure you do not give into cravings and cheat on your diet by keeping your body sugar balanced throughout the day and avoiding binge breakdowns! However, there's no actual proof that this is true and in fact there have been studies that show that it all boils down to *how much* you're eating, not how often.

But, eating small, frequent meals can also have a negative effect as your body gets used to this constant supply of energy which makes it less likely that your body will *burn fat* for energy. Credits? Insulin. Every time you eat, insulin is released so that it can deliver sugar from your bloodstream to your cells (for energy) or to your liver/muscle for storage. Whatever sugar is left is repackaged into a triglyceride and stored as fat. When you're continuously eating throughout the day your insulin levels are constantly elevated, which makes your body more readily store fat.

According to ancient nutrition theorists and Ayurveda, three meals a day is ideal for a healthy digestion and proper assimilation of nutrients.

But, no one wants to get to the point of feeling hangry, and you can totally keep hunger at bay and ***burn fat more efficiently*** with three meals a day if you're eating the *right combo of macronutrients*. A substantial meal with a good source of protein, healthy fats, lots of veggies and smart carbs should easily keep you full for 4-6 hours. This will also help keep your blood sugar balanced and allows you to complete the first phase of digestion without adding more food into the mix. Additionally, daily meal prep will become less time consuming and complicated as you'll have less meals to compose. Above all, each meal will become more interesting as you'll have more flexibility in terms of ingredients and their portions per dish!

The 42DC Primal Protocol brings you closer to a more natural way of eating and living by exploring the benefits of intermittent fasting over calorie deficits. This may just be the perfect way to live for you too!

PRIMAL - *Eat the ENERGY you want to become!*

Believe. Achieve. Repeat!

1. Eradicate all **processed carbohydrates** such as white, packaged grains, cereals, breads, flours, pasta as well as junk food, sauces, sugar, desserts, and weaknesses from your fridge, kitchenette, bed side drawers and even your secret stash! Replace these with more fulfilling alternative such as black coffee, lots of water bottles, green vegetables, healthy fats like nuts and peanut butter and lean cuts of protein. Now you will never have an excuse or the option to binge on processed and packaged high calorie foods.
2. Setting goals is the first step to turn the invisible into visible. To set a goal visualize the body you need and desire and then in order to work towards that keep reminding yourself why you started! We suggest you maintain a scrap book or daily/weekly log of how you feel, what you did right and what you did wrong so that you have a record of the process that turned your dreams into a reality.
3. We **insist** that you DO NOT skip any of your 3 meals or compromise on your recommended quantities. We're building a new life and we only have a few weeks to do so - let's keep our head in the game against all odds!
4. 'Macro' is an abbreviation for the term macronutrients. The 3 essential macros we will focus on in our meals are Protein, Fat and Carbohydrate. Always check to see if each meal has one portion of protein and one portion of fat. *You will also add your recommended allowance of COMPLEX Carbohydrates to meal 1 and meal 2 along with Fibrous Green Vegetables. To meal 3 you WILL NOT add Complex Carbohydrates but will only use Fibrous Green Vegetables.*
5. Replace MILK TEA, MILK COFFEE, sugary beverages (yes, even those nasty diet ones), fruit juices (fresh or packed) and energy drinks for WATER. You may also have unlimited amounts of green tea, black tea and black coffee (as well as herbal tea, flower tea or any other clear tea) throughout the day.
6. Dispose all sugar, honey, sweeteners and fruit sugars. Use Stevia instead.
7. **Stop snacking.** Weight loss tends to do better when you have fewer insulin spikes during the day. Unnecessary snacking will slow down fat loss.

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8. There will be a *cheat meal* once a week on Saturday. Please skip meal 2 and cheat during the meal's duration! Please ensure that you **do not cheat** at any other time during the week..
9. Alcohol is a big HELL NO! Alcohol is high in calories and consuming alcohol slows down your metabolic processes for a whole two days after wards so let's just stay sober for now!
10. Most sauces that you can buy off a counter are high in carbohydrate or sugar content and therefore must be avoided as they add unwanted calories to meals that would otherwise be healthy. Stay away from Nando's type sauces, salad dressings, mayo, tomato sauce, BBQ sauce and so on. Instead use mustard, low carb honey mustard, fresh chilies, hot sauce/ tabasco sauce, vinegar, balsamic vinegar, apple cider, lemon juice, soy sauce, herbs, local masalas and up to 2 table spoons fat free yogurt for added flavor to meals.
11. **Ensure you drink 3-4 liters of water every day** and increase water consumption further if needed during the upcoming weeks!
12. In order to avoid skipping meals you can pre prepare your daily/weekly meals and refrigerate or freeze them until they need to be consumed. This might not be as satisfying an option but it sure is the smart one! If you have a demanding career and work around the clock it is handy to have prepared meals so you don't waste time making them and can just reach for the right thing at the right time. An example is to make a bunch of Kababs and freeze them, then weigh and cook in your olive oil quantity when the time comes.
13. Consistency is key. This meal plan will help you come closer to your desired body and fitness goals. But, transcending boundaries and achieving new aims is a constant process. The further you get, the higher you wish to reach. To stay on top of your game allow us to update your macros each time your BMR values change (every 6 weeks)!

Let the Taming Begin!

MACROS and MEALS

S#	TIMINGS	MEAL #	TYPE	CARB QUANTITY	PROTEIN QUANTITY	FAT QUANTITY
1	9am	Meal 1 (Breakfast)	<i>High Carb Meal</i>	<i>Gluten Free options: 220g mixed fruit OR 150g banana OR 1/4 chopped dates</i> <i>Others: 1/3 cup whole grain oats OR 1.5 slice whole grain toast</i>	<i>1 scoop protein OR 80g chicken/fish/beef OR 7 egg whites</i>	<i>1 table spoon Peanut Butter OR 14 almonds OR 6 walnut halves OR 2 tea spoon olive oil or olive butter OR 65g avocado</i>
2	3 pm	Meal 2	<i>High Carb Meal</i>	<i>Gluten Free options: 1 cup boiled brown rice OR 1 cup boiled quinoa OR</i>	<i>150g chicken/fish/beef</i>	<i>2 tea spoon olive oil OR 30 pistachio OR 2 tea spoon pine nuts OR 14</i>

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				220g sweet potato OR 350g mixed fruit Others: ½ cup whole grain flour OR /2 cup uncooked whole grain pasta		almonds OR 6 walnut halves
3	9.30 pm	Meal 3	Low Carb Meal	Berries (strawberry, blueberry – optional) + 1 cup fibrous carbohydrates (vegetables)	150g chicken/fish/beef OR 7 egg whites +50g low fat cottage cheese	2 tea spoon olive oil or olive butter OR 65g avocado OR 14 almonds

Fibrous Carbohydrates (provided in food list below)

- Use your **own macros** with the recipes given below in order to construct your own meals
- You can use any spices, herbs or flavorings to marinate your meat or make your meals
- Use **1 cup Fibrous Carbohydrates** per meal (given in list below) to make your meals more interesting.

Get Prep-ed

1. For the purposes of simplifying the meal plan in order to ensure there is less room for error and therefore results are maximized, each meal's Macros (protein, fat and carbohydrate quantities) can easily be fit in to their respective recipes that have been chronologically given below.
2. For those who are buying the Protein Shake, please ensure you purchase a **WHEY AMINO ISOLATE** protein powder. The brand we recommend is **ON GOLD STANDARD**. Preferable flavors are chocolate and vanilla as they complement the recipes in the meal plan.
3. All other ingredients are all easily available from Neco's, Agha's or Spring's (Karachi), Jalal Son's or Al Fatah (Lahore), Eesajee's or Best Price (Islamabad).
4. **Mega Men Sport** (for men) and **Women's Ultra Mega** (for women) is the recommended Multi-Vitamin to support your immune system. With breakfast have one serving of your Multi-Vitamin. Please do not skip your daily dose.
5. You must buy a **Food Weighing Scale** from Agha's (Karachi), Al- Fatah (Lahore) or Best Price (Islamabad). This is very important as you need to weigh your chicken/ fish/ beef before cooking it. You must also only use **Measuring Cups** and **Measuring Spoons** to measure your quantities of FAT per meal.
6. All Protein used (for example Chicken/ Fish/ Beef) must be **SKINNED, DEBONED** and **MEASURED** on the Food Weighing Scale **BEFORE** cooking.
7. All the Recipes below are an example. You can take the quantities (of proteins, carbs and fats) given above and use your own recipes when cooking your food if you do not like our recipes.

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8. *If you are working out at home :*

- *Ensure that you do not eat a meal up to 60 to 90 minutes before the workout (so if you workout at 7. 30pm, make sure you have not eaten past either 6pm or 6.30pm)*
- *Ensure that you eat a meal 60 to 90 minutes after your workout has ended as 60 to 90 minutes after the workout is crucial for fat burn and eating anything immediately will greatly alter and interfere with this process (so if your workout ends at 8.15pm, eat the next meal at either 9.15pm or 9.45pm)*

9. *Have one serving of Green Tea or Black coffee just before you work out as a pre work out boost. This will also help speed up your metabolism and aid fat loss.*

FIBROUS CARBOHYDRATES

Vegetables and Salad

Spinach	Green Beans	Tomato	Cucumber	Squash
Asparagus	Cauliflower	Artichokes	Onion	Broccoli
Brussel sprouts	Lettuce	Cabbage	Rocket	Carrots
Mushrooms	Peppers	Fennel	Pumpkin	Sprouts

RECEIPS

Meal 1 (BREAKFAST)

Protein Shake Recipes

- Use ***your quantities*** of ***Protein Powder, Peanut Butter*** and ***Whole Grain Oats*** to make your protein shake – recipes provided below.
 - You may substitute ***almond butter*** for the same quantity of peanut butter in any of the recipes.

1. Cinnamon Almond Protein Shake:

Ingredients:

- 1 scoop vanilla protein powder
- almond butter
- raw oats
- 50 ml unsweetened almond milk or low fat milk
- ½ tea spoon cinnamon powder
- stevia, to taste
- 1/8 tea spoon almond or vanilla extract (optional)
- 1/8 tea spoon salt
- 6-8 ice cubes

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Directions:

Blend and drink!

2. Peanut Butter Chocolate Protein Shake:

Ingredients:

- 1 scoop chocolate protein powder
- peanut butter
- 50 ml unsweetened almond milk or low fat milk
- raw oats
- 1 table spoon 100 % unsweetened cocoa powder
- Stevia, to taste
- 6-8 ice cubes

Directions:

Blend and drink!

3. Vanilla Crème Coffee Protein Shake:

Ingredients:

- 1 scoop vanilla protein powder
- almond butter or peanut butter
- 50 ml unsweetened almond milk or low fat milk
- raw oats
- ½ cup coffee, cooled
- vanilla extract
- 5 ice cubes

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- stevia, to taste

Directions:

Blend and drink!

4. Dark Chocolate Mint Smoothie:

Ingredients:

- 1 scoop chocolate protein powder
- almond butter or peanut butter
- 50 ml unsweetened almond milk or low fat milk
- raw oats
- 1- 2 cup spinach (optional)
- ¼ cup fresh mint leaves or 1 drop mint extract
- 2 table spoon 100% unsweetened cocoa powder
- stevia, to taste
- 5-6 ice cubes

Directions:

Blend and drink!

5. Lemon Cream Pie Protein Shake:

Ingredients:

- 1 scoop vanilla protein powder
- almond butter or peanut butter
- raw oats

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- 2 tea spoon low fat cream cheese (optional)
- 50 ml unsweetened almond milk or low fat milk
- 1 tea spoon lemon zest
- 2 tea spoon lemon juice
- vanilla extract
- stevia, to taste
- ice cubes

Directions:

Blend and drink!

6. Carrot Cake Protein Smoothie:

Ingredients:

- 1 scoop vanilla protein powder
- almond butter or peanut butter or 14 almonds
- raw oats
- 50 ml unsweetened almond milk or low fat milk
- ½ cup shredded carrots
- ½ tea spoon ground cinnamon
- ¼ tea spoon ground nutmeg
- 1 pinch ground ginger, optional
- stevia, to taste
- ice cubes

Directions:

Blend and drink!

Meal 2 and 3 Recipes

- **For meal 2** chose one of the recipes given in this section and use **your quantities** of **chicken/ fish/ beef** (protein), **olive oil** (fat) and **cooked brown rice** (carbs) given in the 'macros and meals' section to construct your meal.
- **For meal 3** you will **REPLACE** the **cooked brown rice** (complex carbohydrates) with **green salad and vegetables** (fibrous carbohydrates mentioned in the graph above – examples are cucumber, bell pepper, mushrooms, zucchini etc)
- If you are adding **almonds** to your recipe, use 5 almonds as a substitute for **1 TEA SPOON** olive oil.

1. Creamy Shrimp Skillet:

Ingredients:

- shrimps/ fish
- olive grove butter or olive oil
- 2 table spoon low fat yoghurt/ greek yoghurt
- 1 cup sliced mushrooms
- sliced red chili
- salt and pepper

Directions:

Heat a skillet on medium flame and add your butter to it. Toss in your mushrooms and cook for about 5 mins. Add the shrimp and sauté on high flame for about 2 mins. Add the low fat yoghurt and salt and lower the flame, cook for another 1 min or until the cream cheese/ yoghurt reaches the desired consistency. Serve with sliced red chili on top!

- For meal 2 add cooked brown rice to the meal
- For meal 3 add zucchini noodles or salad

2. Dijon Mince Skillet:

Ingredients:

- chicken/ beef mince

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- olive oil
- 1 cup mushrooms, sliced
- 1 zucchini, sliced
- ½ tea spoon garlic powder, or to taste
- ½ tea spoon basil
- 1-2 tea spoon Dijon mustard, or to taste
- ½ tea spoon salt and pepper, or to taste

Directions:

Heat your oil in a skillet over medium - high heat and sauté mushrooms for about 3 - 4 mins, until brown. Add zucchini and season with salt and pepper. Cook until tender, 3 - 4 mins. Next, push the vegetables onto one side of the pan, leaving the middle empty. Add the mince and spices to the centre of the pan, breaking and mixing the meat until brown but without mixing the vegetables in just yet. Once the mince has cooked incorporate the vegetables in and then mix in the Dijon mustard. Season with salt and pepper to taste and serve!

- For meal 2 add cooked brown rice
- For meal add any other vegetables you like to you stir fry to make the meal larger!

3. Sausage Patties with Ranch Dressing:

Ingredients:

- chicken or beef mince
- olive oil
- pinch dried sage/ thyme or any other herb of choice
- pinch smoked sweet paprika
- pinch smoked hot paprika
- salt and pepper to taste

Directions:

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Add spices and mince to a bowl and mix until combined. Form into patties and fry in your quantity of oil. Serve with Ranch Dressing (recipe given below).

Ranch Dressing:

Ingredients:

- 2 table spoon low fat yoghurt/ greek yoghurt
- 1 table spoon spring onion, sliced
- fresh garlic, minced
- ½ teaspoon dried parsley
- ½ teaspoon dried dill
- ½ teaspoon apple cider vinegar or lemon juice
- pinch paprika
- salt and pepper, to taste
- 1-2 table spoon water, to reduce thickness if needed

Directions:

Combine all the ingredients to make your dipping sauce and serve with your sausage patties to complete your meal!

- For meal 2 add cooked brown rice
- For meal 3 add a green salad (lettuce, cucumber, green onion, bell pepper all work well here)

4. Sesame Chicken and Broccoli:

Ingredients:

- chicken breast, cut into cubes
- olive oil
- pinch sesame seeds
- 1 cup broccoli florets
- almonds, sliced and toasted

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Marinade/ Glaze ingredients:

- 1-2 tea spoon soy sauce
- ½ tea spoon vinegar
- 1 tea spoon olive oil (*when using oil for the marinade subtract 1 tea spoon oil from the cooking of the rest of the meal*)
- pinch stevia powder (or to taste)
- pinch garlic powder, or to taste

Directions:

Cut your chicken breast into squares. In another bowl mix together soy sauce, vinegar, olive oil, stevia and garlic powder to make your marinade. Add your chicken cubes to the marinade. If you have the time, leave the chicken in a zip lock bag in the fridge for a while so that it can soak up all the flavors. If not, you can cook immediately. Preheat your oven and spray a baking sheet with cooking spray. Place your chicken on the baking sheet and leave in the oven for 6-8 mins. Now toss your broccoli florets in the organic butter and place between the chicken pieces on the baking sheet. Leave the baking sheet in the oven for another 10-12 mins or until the chicken and broccoli has cooked to your liking. Once cooked garnish the chicken and broccoli with a pinch sesame seeds and your toasted almonds!

- For meal 2 add cooked brown rice
- For meal 3 add more broccoli or any other vegetable you like.

5. Spicy Coconut Milk Shrimp with Cauliflower Rice:

Ingredients:

- shrimp
- olive oil
- 2 table spoon low fat yoghurt/ greek yoghurt
- 2 table spoon low fat coconut milk or low fat milk
- 1 small tomato, diced
- ¼ red bell pepper, thinly sliced
- ½ cup sugar snap peas or green beans, sliced thinly
- 2 table spoon green onion, sliced

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- 1 table spoon cilantro, chopped
- 1 teaspoon garlic, minced
- pinch red pepper flakes, or to taste
- 1-2 tea spoon lemon juice, or to taste
- Salt

Directions:

Heat your oil in a pan until it is hot and add your sugar snap peas (or green beans if that's what you are using) and stir fry for 1-2 mins. Next add the bell pepper and stir fry for another 2-3 mins until the vegetables begin to soften. Now add the green onions, cilantro, minced garlic and red pepper flakes and stir fry for 1 more minute. Next add the tomatoes and coconut milk to your pan. Add the low fat yoghurt/ greek yoghurt. Turn the heat down to medium- low and let the mixture simmer until it combines, 3-4 mins. Meanwhile toss your shrimp in some salt and once the vegetable mixture has cooked through, add the shrimp to the pan and cook for another 2-3 mins or until the shrimp has barely turned pink. Stir in your lime juice and season with salt. Serve over Cauliflower Rice

Cauliflower Rice:

Ingredients:

- 1 head of cauliflower, chopped
- 1 cup water
- 1 medium onion, diced
- ½ tea spoon mustard seeds, optional
- 1 tea spoon salt
- ½ lemon, juiced

Directions:

Food process the cauliflower in batches, until it reaches a cous-cous like consistency. In a large skillet, heat the diced onion and mustard seeds in water, covered, on medium – high for 10 mins, until translucent. Now add the cauliflower and salt, stirring. Reduce the heat to medium and continue cooking for another 3-5 mins, until tender. Remove from heat and stir in the lemon juice. Serve hot!

This recipe makes 4 servings and can be used as a side to any of the above dishes!

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- For meal 2 substitute the cauliflower rice for cooked brown rice
- For meal 3 use the recipe as it is

6. Wilted Spinach and Beef:

Ingredients:

- beef, sliced thinly
- olive oil
- salt and pepper to season

Directions:

Heat your oil in a pan and pan fry your seasoned beef. You may rub the beef with steak seasoning too if you like.

Wilted Spinach:

Ingredients:

- sliced garlic clove
- 2-3 cups spinach, chopped
- garlic powder, to taste
- onion powder, to taste
- salt, to taste

Directions:

Heat a pan on the stove to medium – high heat and add the sliced garlic. Sauté until lightly brown and then add the spinach. Cook the spinach until its water dries off and season. Serve with your beef!

- For meal 2 add cooked brown rice
- For meal 3 add any salad greens that you like.

7. Almond Chicken Curry with Cauliflower Rice

Ingredients:

- chicken, cubed
- olive oil
- 5 almonds, sliced thinly
- 2 tablespoon low fat yoghurt/ greek yoghurt
- ½ tea spoon ginger paste
- ½ tea spoon garlic paste
- 1 bay leaf
- 1-2 table spoon onion, finely chopped
- 1 green chili, whole but pierced
- ground cardamom seeds, to taste
- ground cumin seeds, to taste
- garam masala, to taste
- salt and pepper to taste
- fresh coriander for topping

Directions:

Marinate your chicken in the low fat/ greek yoghurt, garlic, ginger and salt for about 1 hour. Heat half your butter or oil in a pan and gently fry the bay leaf and onion until soft. Turn the flame to high and add your chicken. Cook until it comes to a boil, adding water where needed. Cover and cook further on a low flame until the chicken is tender and yoghurt has reduced, about 10-15 mins. Sauté your almonds separately on medium – low heat until they slightly brown. Remove from pan and leave to cool. Stir in remaining ingredients into the chicken and pour in enough water to get the double cream consistency. Adjust the seasoning with cumin, black pepper and garam masala. Sprinkle over the almonds and serve with Cauliflower Rice (recipe given above)!

- For meal 2 substitute the cauliflower rice for cooked brown rice
- For meal 3 serve with steamed or blanched vegetables.

Home Made Vegetable Broth:

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The recipe below will make 6-8 cups of vegetable broth. You can have 1 cup along with meal 2 and 3

- 2 medium carrots
- 1 medium parsnip or parsley root
- 2 medium celery stalks
- 1 medium white onion, skin on
- 5 cloves garlic, peeled
- 2 tbsp apple cider vinegar or fresh lemon juice
- 2-3 bay leaves
- 1 tbsp salt (I like pink Himalayan)
- 8-10 cups water, enough to cover the bones, no more than 2/3 capacity of your pressure cooker or 3/4 capacity of your slow cooker

Method: Peel and half all the root vegetables and garlic. Half the onion but leave the skin on. Place everything in the slow cooker or pressure cooker and add the bay leaves. Add 8-10 cups of water and the vinegar/ lemon juice to release more minerals. Add the salt and cover with the lid. If you are using a pressure cooker, leave for about 90 minutes. If you are using a slow cooker, leave for about 6 hours. Once ready remove the large bits and pour the broth through a strainer into a large dish.

The best way to predict the future is to create it.

Live well, live free

42DC - Every story is us