

**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.