

THE 60 HR LEAN + GREEN EXPERIMENT



- PURPOSE
- BEST PRACTICES
- EXPERIMENT PROTOCOL

Join us at:

[Facebook.com/groups/60hourwaterfast](https://www.facebook.com/groups/60hourwaterfast)

DISCLAIMER

The material presented here is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the protocols, diet, exercises, techniques, training methods, or otherwise described herein. The author and publisher expressly disclaim responsibility for any adverse affects that may result from the use or application of the information contained herein.

Purpose: To create awareness and understanding of how clean, green, single-ingredient whole foods makes us feel and how our body responds both physically and psychologically.

- + Create a “go-to” reset strategy that keeps you “clean” in between your monthly KetoReboots
- + Provide food based vitamins and minerals using nutrient dense green veggies (yuck)
- + Clear the “crud” from our digestive tract
- + Control and contain blood sugar spikes and rest your body from dietary fats
- + Eliminate frozen, processed and canned foods.

How: The Lean + Green Experiment is fairly simple but far from easy. It’s actually more difficult to follow than a food abstinence fast as we focus on protein, fiber and water, while COMPLETELY ELIMINATING DIETARY FATS. Many of you will initiate endogenous (internal) ketone production by causing ketogenesis, the breakdown of body-fat to create ketone energy.

Support: We provide community encouragement and accountability through the 60 Hour Water Wash Facebook group at facebook.com/groups/60hourwaterfast (Post with #LGExperiment)

Best Practices:

- 1) There are no rules or mandates other than do your best. This is a judgement free zone and participation in the experiment is completely voluntary.
- 2) This is for you and the goal is to learn why we believe lean, clean, green eating should be a staple in everyone’s life. As a surprise to many, you will learn more about yourself psychologically than physically. (Eating habits, emotional eating, how much you sub-consciously think about food, etc.) This is a great thing to journal and learn from.
- 3) Do your best to follow as closely as possible.
- 4) You will only drink water + exogenous ketones using KetoMAX 2X daily on Monday and Tuesday. Ketone energy is ONLY allowed within 90 mins in front or behind meals. Example: If you drink Ketone energy at 10:30am, you will not have a L+G meal until 12 noon. If you have a 12 noon L+G meal, you will not use ketone energy until 1:30pm.
- 5) NO stimulants outside of the charged KetoMAX. (No Coffee, Tea, Diet soda, etc. Water and Ketones ONLY!)
- 6) NO artificial sweeteners, flavors, chemicals, multi-vitamins, supplements, etc. All vitamins and minerals should come from food and added Pink Himalayan or Celtic sea salt.
- 7) Drink plenty of water. I use spring water. Drink a minimum of bodyweight oz. per day. up to 128oz. (1 gallon). Should you need more, permission granted! The best way to measure hydration is by urine color. Clear or pale yellow and you’re good!
- 8) Ask questions and stay connected to the accountability group.
- 9) NOTHING FROZEN, PROCESSED OR CANNED. Only exception is white albacore tuna but fresh is best.

SUNDAY NIGHT 9PM EST: The Timer Begins with an introduction video on FB Live in the 60Hr Water Fast FB group. You need to STOP eating (Preferably before but no later than 9pm). No food or drink (water only) until Monday morning.

MONDAY + TUESDAY: Drink a large bottle/glass of water immediately upon awakening followed by 1 full serving of ketone energy and then don't eat until you are hungry; NOT because it's "time" or because you have an appetite. Remember...Hunger is the "NEED" to eat based on hunger pangs (your body telling you it's time) vs. appetite, which is your "DESIRE" to eat based on emotions, habit and mindset. Use 1 additional serving of ketone energy outside of the 90 minute best practices window for a total of 2 full servings daily.

Meals:

Cook 1 serving of 4-5oz Lean (protein) and unlimited servings of green fibrous carbs aka veggies up to but not more than 3 times per day. Drink lots of water.

Choose Lean: 2X each day

Choose lean proteins with different amino acid profiles. Preferably multiple sources. NOT just eggs. NOT just Chicken, NOT just Fish, etc.

- Egg whites (No yolk, no oils)
- Grilled Chicken Breast or Turkey (no dark meat, no oils)
- Steamed, Baked or Grilled Fish (no oils)
- Preferably NO RED MEAT, LAMB, VENISON, BISON, BEEF JERKY, ETC.
- Absolutely NO protein powders

Choose Green: 2X each day

You must choose green vegetables ONLY. Leafy greens are preferred.

NO FATS, OILS OR BUTTER. Seasoning—YES

- Kale, Spinach, Romaine, Iceburg, etc.
- Broccoli, Asparagus, Green pepper, Celery, Cucumber, Zucchini, Etc.
- NO salad dressings. NO mayonaise. NO fats. Lemon + Balsamic vinegar are ok.

Serving size: 4-5 oz.



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SAMPLE DAY:

7AM Wake up — Ketones

11AM L+G Meal with water

2PM Ketones + Cardio

5PM L+G Meal with water

8PM L+G Meal with water