

The Tribal Plan 30 Days of Power: Quick Start

Nutrition

- In the **30 Days of Power**, whilst maintaining our movement away from the modern western diet, prevalent in refined carbohydrates, sugar, alcohol and processed fats and oils: During this 30 day period we encourage you to start exercising wisely and re-introducing safe starches and fruit in a measured fashion. Many of the recommendations stay identical to the **Triple Switch**; this quick start guide identifies the major differences within **30 Days of Power** rather than re-stating the foundational elements.
- **Carbohydrate ReFeeding:** Your carbohydrate foundation remains the plentiful, varied, colorful and fibrous above ground vegetables that where a massive part of Triple Switch. In the **30 Days of Power** we match each 60 minutes of exercise with an approximate amount of safe starches (see the foods to include list and the cheat sheets) as an exercise replenishment. This carbohydrate is best taken in your evening meal to avoid disturbing your blood sugar control and the circadian rhythm of your hormones.
- **Skip Breakfast & Eat in an 8-Hour Window:** Whilst in the first 21 days of The Tribal Plan we encouraged you to eat small amounts regularly. During the **30 Days of Power** we want you to skip breakfast, you'll be surprised how easy you find it to leave your first meal until 1200 noon and then eat all your day's food before 2000. The limited feeding window gives your digestive system a chance to rest and has a huge beneficial effect upon your energy and hormonal profile. Please refrain from this intervention if you are pregnant or nursing, it may also be prudent for those with autoimmune conditions to consider eating smaller meals, frequently.

Exercise

- **Show UP:** This is an essential element to any successful pursuit; I ask that you not only turn up with your body, but, also SHOW UP with your mind. It is better to do a small amount of active, engaged work than to do a large amount of completely disengaged and dissociated work.
- **Dose and Response:** It is important that we get the dose of exercise correct so that when you start you can apply yourself with great vigor, the cause of under performance can be three fold, too much exercise, not enough recovery or not enough fuel, the result can be the same, ineffective, unengaged training. It is for this reason that it is best to start low and grow rather than having grandiose and unachievable plans.
- **Strength Training:** The Tribal Plan prioritises training with weights as an alternative to the traditional chronic cardio approach; resistance training is a primary part of any successful fat loss program because it upgrades both the volume and the quality of your metabolism via these 3 mechanisms.
 1. Build muscle and increase metabolic rate.
 2. Increase levels of catecholamine hormones, increasing metabolic rate.
 3. Increase the rate of fat burning in the body.

Minimum dose recommended for strength training is 2 x 30-Minutes a week.

- **High Intensity Interval Training (HIIT):** The catabolic soup that is the 21st century often includes a fairly large dose of chronic cardio training, this is sustained cardiovascular exercise with the hope of using as many calories as possible, unfortunately, this approach often promotes oxidative stress and inflammation, decreases muscle mass and bone density whilst encouraging your metabolism to switch to sugar as its primary fuel.

At Tribal we like a contrasted approach to cardiovascular development, that is, the perfect blend of the very easy (daily steps and walking) with the very hard (HIIT and to some extent your strength training). The benefits of HIIT upon your health are well documented, when used effectively HIIT can boost your Human Growth Hormone (HGH) by as much as 450%, HGH is a hormone produced by the pituitary gland responsible for promoting and regulating muscle and tissue growth, regulating carbohydrate and fat metabolism, and controlling other vital glands.