

The Tribal Plan Triple Switch: Quick Start

Nutrition

- **The Triple Switch** is a movement away from the modern western diet, prevalent in refined carbohydrates, sugar, alcohol and processed fats and oils: During this initial 21 day period we encourage you to switch to a low-carbohydrate paleo lifestyle template with the goal to reducing oxidative stress and inflammation whilst stabilizing your blood sugar control. Calorie counting and portion control is not encouraged.
- **Water:** Drink 0.033 litres of water for each kg of your bodyweight daily.
- **Fats:** Eat generous amounts of fats like coconut oil, avocado oil, heavy cream and butter. Ghee, tallow, lard and duck fat are also good, but only if they come from healthy and well-treated animals. Extra virgin olive oil (EVOO) macadamia oils are also good fats to use in salads and to drizzle over food, but not for cooking.
- **Protein:** Eat good amounts of animal protein. This includes red meat, poultry, pork, eggs, organs (liver, kidney, heart...), wild caught fish and shellfish. If you are sure of the provenance of your protein, don't be scared to eat the fatty cuts and all meals with proteins should contain fat as well. Preferably choose outdoor bred, pasture-raised and grass-fed meats from local, environmentally conscious farms. If not possible, choose lean cuts of meat and supplement your fat with coconut oil, butter or clarified butter.
- **Carbohydrates & Fibre:** Make the base of all meals a generous amount of fibrous, fresh and varied above ground vegetables either cooked or raw and always served with protein and fat. Preferably choose organic, local and/or seasonal fruits and vegetables.
- **Stocks & Broths:** Learn to cook with bones in the form of stocks and broths. Drink these daily
- **Eat Regularly & Plentifully:** During the Triple Switch schedule small regular meals, 4 to 6 meals a day at regular intervals is best to switch to fats as your primary fuel. Eat when you're hungry ensuring you eat plentifully from our foods to include list. Do what feels natural for your portion control; calorie counting and portion control is not encouraged here.
- For the purpose of the Triple Switch, cut out all below ground vegetables (sweet potato, white potato etc) and fruit, refer to our comprehensive list of foods to avoid. The removal of these carbohydrate sources whilst not problematic in the long term is necessary for this initial movement away from a diet prevalent in carbohydrates.
- Cut out all cereal grains and legumes from your diet. This includes, but is not limited to, wheat, rye, barley, oats, corn, brown rice, soy, peanuts, kidney beans, pinto beans, navy beans and black-eyed peas.
- Cut out all vegetable, hydrogenated and partly hydrogenated oils including, but not limited to, margarine, soybean oil, corn oil, peanut oil, canola oil, safflower oil and sunflower oil.

- Eliminate added sugar, soft drinks, all packaged sweets and juices (including fruit juices). As a rule of thumb, if it's in a packet, don't eat it. At the supermarket, visit primarily the meat, fish and fresh produce sections.
- Eliminate dairy products other than unsalted grass-fed butter and heavy cream. You don't need dairy but if you do, the higher fat the better.

Managing Stress

- The Triple Switch is best undertaken at a time when you have a calm three weeks coming up. Aim to reduce external stressors in your life as much as possible. Practice the 3 choices that you always have, Change IT, Leave IT or Accept IT.

Sleep Admin

- Aim for a minimum of 8 hours of quality sleep each night:
 - When healthy your sleep hormones are gently on the rise after midday, try not to interrupt these hormones with caffeine or any other stimulant.
 - Limit screen time (TV, Phone, Laptop) after 1930. Try to read rather than use TV to relax.
 - Dim stimulating lights and quieten noise as soon as you can through the afternoon and evening.
 - Design your unique bedtime routine that may include an epsom salt/ aromatherapy oil bath, a Magnesium and Zinc supplement and/or a guided meditation.
 - Create your cave, your bedroom should be absolutely pitch black and very cool, if possible, try to sleep naked.
 - Aim to be in bed by 2200 and to wake without the use of an alarm clock.

Great Habits

- Take cold showers daily. Aim the water for the space between your neck and your shoulder blades for maximum benefit.
- Over-exercise during the Triple Switch will seriously impair your success; take some extra time off. Physical activity is the key, aim to increase your daily step rate from your norm. If you normally do 6,000 steps a day increase to 8,000, if you normally do 12,000, increase to 15,000.
- The main exercise intervention of The Tribal Plan begins within 30 Days of Power, be patient and if you are keen to exercise, stay well within yourself not adding any complication to this 21-day intervention.

Supplementation

- Consider supplementing with these nutrients:
 - Probiotic
 - Glutamine
 - Vitamin D
 - Omega 3 Fish Oil
 - Zinc & Magnesium (ZMA)