

Athletic Nutritional Protocol

The Athletic Nutritional Protocol is an addition to the Basic Protocol with some modifications.

1. Carbohydrate depleting Protocol for 3 days (Monday, Tuesday, Wednesday). This can be done by eliminating starchy carbohydrates like bread, cereal, potatoes, rice, pasta, etc. Replace starchy carbohydrates with fibrous carbs like broccoli, cauliflower, brussel sprouts, asparagus, green and yellow beans. Make sure you eat plenty of high protein low fat foods like skinless chicken breast, egg whites, salmon, trout, lean pork loin and turkey breast.
2. Carbohydrate loading for 1 day (Thursday). This can be done by including starchy carbs at every meal like oatmeal, wild rice, spinach pasta, baked potatoes or yams. Make sure to include some fibrous carbs (veggies) and reduce some protein portions so that your total meal size is small and in line with the Basic Nutritional Protocol.
3. Three days of equally balanced meals with 1/3 protein, 1/3 starchy carbs, 1/3 fibrous carbs, These 3 days are the Basic Nutritional Protocol.
4. No food or any calories to be consumed 13 ½ hours before your morning workout. (You are allowed water or black coffee). e.g supper 6:00 p.m., at 7:00 a.m. next day a 30 minute workout followed by whey protein drink at 7:30 a.m. and your breakfast at 9:00 a.m.
5. Add aerobics or leg workouts twice a week to the 4 day a week 12BX™ resistance training.

OVERVIEW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12 BX™ Pull ups	12 BX™ Pushups	Aerobics	12 BX™ Pull ups	12 BX™ Pushups	Aerobics	Rest
Carb Depleting			Carb Loading	Basic & Balanced		
AM workouts on empty stomach (13 ½ hours without calories)						

The 3 days of carb depleting protocol while vigorously working out is the most difficult aspect of the **Athletic Nutritional Protocol**. This along with the 13 ½ hour fast before each workout 6 days a week is reserved for only a few Elite Athletes. **DO NOT** attempt this Protocol until you have been regularly on the Basic Nutritional Protocol and have progressed to the Advanced or Elite levels of the 12BX™ Fitness Formula. The Athletic Nutritional Protocol can be used for 30 days only. After 30 days revert back to the **Basic Nutritional Protocol**.

LONG RANGE OVERVIEW

90 days	30 days
Basic nutritional protocol	Athletic nutritional protocol
Building muscle strength, endurance along with some fat loss	Harding & building muscles & strength, impressive fat loss
Most sustainable gains in muscle and performance	Most visible results in physique
Repeat above 120 days	