

# Basic Nutritional Protocol

## Warning

The 12BX™ Fitness Formula's Nutritional Protocols are intended for healthy adults. This information is general in nature and may not be appropriate for every individual. Before adopting any dietary changes you should check with your physician to determine if they are suitable for you.

1. Adding high nutrient foods to your diet by means of a weekly score sheet. This score sheet can be printed and copied. Place on your refrigerator marking daily all of the items you consume with a check mark. Each check mark equals one point with your objective to score as close to ten daily points as possible. After some time your weekly total should be no less than 50 or more points.
2. Divide your food intake into 4 equal meals spaced 3 hours apart. (e.g. 9:00 a.m., 12:00 noon, 3:00 p.m., 6:00 p.m.) Note these meals are to be small. On the average each of the 4 meals would equal half of your normal supper meal.
3. All resistance exercises (12BX™) as well as any aerobics to be performed 1<sup>st</sup> thing in the morning on an empty stomach. This means that after supper (6:00 p.m.) no calories are to be consumed until you complete your workout the morning after. (You are allowed water or black coffee). Please note if you must have food after supper have it 3 hours after supper (9:00 p.m.). **THE ABOVE 3 NUTRITIONAL ITEMS ARE THE MOST IMPORTANT!**
4. Limit consumption of liquid calories to one serving per day. e.g.: fruit juices (6 oz.), light beer 1 can, wine (4 oz.), 1 cup of soup, 2% skim milk (6 oz.).
5. Avoid liquids during meals or within 45 minutes before or after a meal.
6. Drink a high quality low carb whey protein drink immediately following your resistance workout (12BX™).

All items in the **Basic Nutritional Protocol** represent the minimum needed to maximize your results from the 12BX™ Fitness Formula. The **Basic Nutritional Protocol** should be followed successfully for at least 3 months before adding the **Athletic Nutritional Protocol**.