

Three Binge Day Damage Control Principles:

I. Minimize the release of insulin. Insulin equals conversion of glucose into fat:

1. Ensure the first meal of the day is not a binge meal. In other words binge day breakfast is the same as a normal Slow Carb Day Breakfast.

- Focus on eating no more than 300-500 calories
- Make sure breakfast has both beans and 30 grams of protein. Example: 1 egg scrambled has 10g of protein and 145 calories, thus 3 eggs and some black beans would be perfect. For information on protein and calories in food I would highly recommend mynetdiary.com

2. Consume 6 oz. of grapefruit juice just before the second meal

3. A.G.G. (immediately before each meal on your cheat day) I have included the brand links on Amazon that Tim himself was using: [But I find the combo to be cheaper and easier!](#)

- [Alpha-Lipoic Acid](#): 100-300 mg (Tim uses 300mg with each meal)
- [Green tea flavonols](#): (decaffeinated with at least 325 mg EGCG): 325mg with each meal up to 4 times per day
- [Garlic extract](#): 200mg

4. Squeeze a lemon over your food, drink lime juice squeezed into water, or drink [Kombucha](#).

II. Increase the Speed of Gastric Emptying:

Caffeine and **Yerba Mate Tea** which has stimulants theobromine (in dark chocolate) and theophylline (in green tea)

Make sure to drink one of these two options at the most crap-laden meals of the day

- [100-200 mg of caffeine](#)
 - Cup of coffee: 90-150mg
 - Instant coffee: 60-80mg
 - Tea: 30-70mg
 - Mate: 25-150mg
 - Cola: 30-45mg
 - Stay-Awake Pill: 100mg
 - Vivarin: 200mg
 - Cold relief tablet: 30mg

OR

- 16 ounces of cooled [yerba mate](#)

III. Engage in brief muscle contractions throughout the binge:

1-2 minutes of air squats + wall triceps extensions +/- chest pulls immediately prior to eating main courses

and

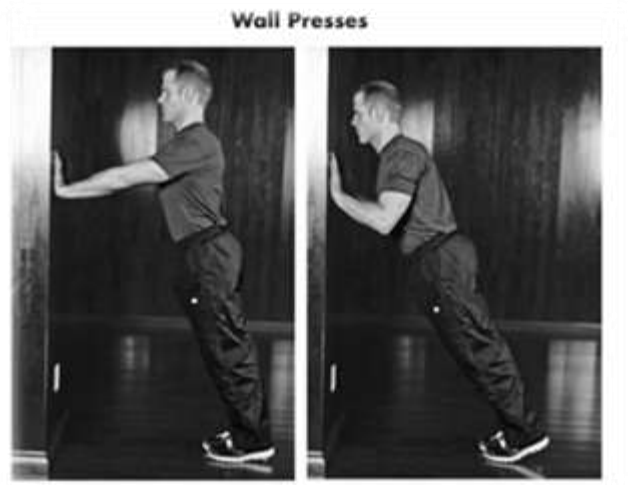
1-2 minutes of exercises 1.5 hours after binge meals (set an alarm on your watch or smart phone)

(focus on 30-50 repetitions of each exercise)

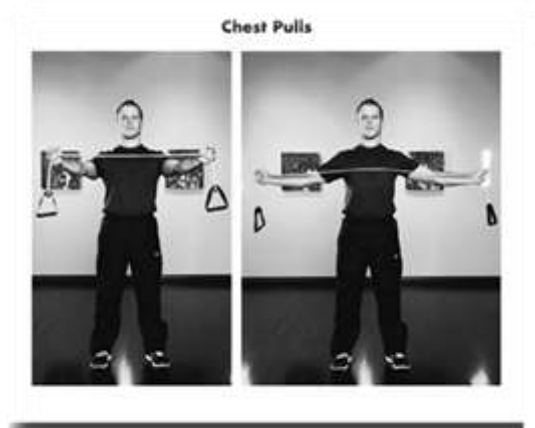
30 to 50 Repetitions Air Squats

+

30 to 50 Repetitions Wall Presses



+/- 30 to 50 Repetitions Chest Pulls



Tim recommends: [THERA-BAND 6ft Tan Extra Light Resistance Exercise Band Latex Bands](#)