



**FIRE TEAM WHISKEY**  
MILITARY FITNESS PROTOCOL

**Go "All In" and follow this nutrition plan to get more results!**  
**First you need to calculate your daily caloric maximum:**

If you need to lose weight: Your weight in lbs x 12 = \_\_\_\_\_

If you would like to maintain your weight: Your weight in lbs X 15 = \_\_\_\_\_

If you would like to gain weight: Your weight in lbs X 18 = \_\_\_\_\_

**Track your food and drink and limit your TOTAL carbohydrate intake each day to 50-100 grams.**

**The rest is easy. Track every food and drink you have. Stay within 200 calories of your caloric maximum and at or UNDER the carbohydrate grams limit. And follow the following rules:**

Only consume REAL, WHOLE FOODS. No foods from packages..

Do not consume anything with sugar or manufactured oils (or prepared in manufactured oils).

Do not eat any grains. No rice, bread, wheat, cereal, oatmeal, pasta, quinoa, flour, wheat flour, pastries, cakes, anything made with grains