



Graham's High Protein High Good Fat Low Carb Protein Shake

1 scoop of Platinum Protein (vanilla) (High protein–low almost no carb)

200 ml milk (normal fat)

300 ml water

3 teaspoons of Udos Oil 3-6-9

3teaspoons of MTC oil

1 heaped teaspoon of Vital Greens

Mix in blender drink as meal replacement at end of 4-6 hrs fasting .

do not drink with a meal keep separate from say for example a normal Rice & protein meal .

Ingredient	Protein	Fats saturated	Fats Omega 3- 6-9	Carbs	Calories	% of total calories
Platinum protein	34	1.2	-	3.2	162	29.61%
200 milk normal fat	6.1	3.9		10.8	124	22.6%
3 teaspoons of Udos Oil 3-6-9 15 ml	0	13.5	12.5	0	122	22.3%
3teaspoons of MTC oil 15 ml	0	14.7		0	130	23.7%
1 heaped teaspoon of Vital Greens	2.3	1.2		3.3	9	.016%
water	0	0	0	0	0	
Totals	42.4	34.5	12.5	28.2	547	

***Graham Variation Tip: Delete the milk and add 1 large Raw Egg instead**

1 med raw egg = (Protein 6.4 gm Fat 4.3 (1.2 sat) = 65 cal)



Example :

AM Breakfast :

your supplements +green tea + Udo's 3-6-9 oils /MTC oils in tea/coffee (2 teaspoons of oils each)

What Graham Does :

*supplements & vitamins :

ALC (Acetyl-L-carnitine) (1 teaspoon)

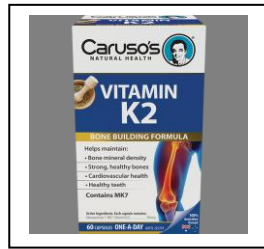
Taurine(1 teaspoon)

Glucosamine powder (FLEX)

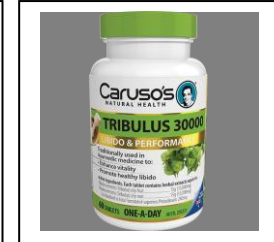


(1 teaspoon)
 Vit B complex 1 tab

K2 (2 tabs)
 Vit C (3 tabs 1,500 mg)
 Vit D (7,000 IU) (1 Tab)
 Krill oil 1,000mg (1 cap)
 Tribulus (2 tabs)



Metformin (1 x 500 mg) (need prescription from Med GP)
 Berberine (2 x 500 mg) (no prescription required)
 Vital Greens 78 nutrients (1 heaped Teaspoon twice daily)
 UM Resurrect (1 heaped teaspoon) (L glutamine-Bcaas-Hmb)
 Metamucil plain(2 heaped teaspoons) in 200 ml of water
 Silverwater (50 ml) (see linkbelow)

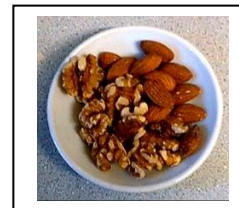


<https://www.healyshealth.com/antioxidants-and-free-radicals>

* I mix the amino acids, vital greens, resurrect, silver-water, Metamucil into the 200 ml water.
 put all the other tablets and capsules in my hand and swallow the mix down .



Then Fast till about 12pm (can have water, coffee , green tea with MTC/Udo's 3-6-9 oils) during that time .
 Therefore you have fasted overnight :
 (= 8 hrs + 6 = 14 hrs fasting till 12 pm approximately).
 Now some days I might have the above-
HIGH PROTEIN- HIGH GOOD FATS- LOW CARB Protein Drink
 (as my 12pm Lunch) .(supercharges with nutrients!)



Then about 2 or 3pm or 4pm your Rice & Protein meal
 (rice basmati small 1 min micro cup)
 (120grms = 33 grms carbs say 85g can tuna/salmon-
 (13 grm protein, 10 g fats (good fats 9 of that) 1 gram of carbs



****Snacks:** Almonds & Walnuts (in between meals)

Then about 5pm-6pm (Dinner)
 you might have Steak/Grilled Fish/Chicken & green beans
 *(No carbs at night) this is Key ! can have coffee/tea +good fats
 in tea/coffee add 2 tsp UDO's Good Oils /2 tsp MCT oil)



Before Bed: I take the supplements again as detailed above ;



Recommended Health Products mentioned above:

Platinum Protein Drink :



Available at Healy's Shop:

<https://www.healyshealth.com/supplement-shop-front>



Udo's Oils available see link:

<https://www.healyslowerbackpain.com/longevity-anti-aging>



Go to Kenmore Health Link

<https://www.healyslowerbackpain.com/longevity-anti-aging>



Available at Healy's Shop:

<https://www.healyshealth.com/supplement-shop-front>



Snacks: Almonds & Walnuts (in between meals)



<https://www.metamucil.com/en-us/products/fiber-powders>

Available at Healy's Shop:

<https://www.healyshealth.com/supplement-shop-front>



Graham Healy

Founder Healys Health 1985

Your Health is Your Greatest Asset

www.healyshealth.com

www.healyslowerbackpain.com

Disclaimer:

This is my personal supplements programme used only as an example to give you an overview .

This IS NOT NUTRITIONAL ADVICE.

Before any program we always suggest full blood test analysis from your Medical GP (get copies for yourself) make sure Testosterone levels are checked (for men) and Estrogen levels (for women) .

Plus we need a full medical profile and approval from your Medical GP that it is ok to start a fitness and natural supplement programme with Healy's (as you would with any Gym or health centre).

We have a duty of care to ensure you get all the relevant information to make informed decisions about your health and wellness future directions and planning.

If you are on any prescribed medications you must at all times cross reference with your medical GP for any adjustments to those medications (for example Blood Pressure medications) and follow safe guideline practices as outlined by your medical Doctor and registered health professionals .