

Building the Pain-Free Plate

5 Rules to Reduce Inflammation and Shrink Belly Fat After 50

Men over 50 aren't eating too much food
— they're eating the wrong food.

Why This Matters

Facts:

Visceral fat drives inflammation

Inflammation drives joint pain

Joint pain limits movement

Limited movement accelerates aging

Food is either helping you... or hurting you.

There is no middle ground.



THE 5 RULES OF THE PAIN-FREE PLATE

RULE #1 — Cut Sugar. Period.

Why It Matters:

Sugar spikes inflammation and feeds belly fat.

Eliminate:

- Soda
- Candy
- Sweetened coffee drinks
- Desserts
- Fruit juice

Replace With:

- Water
- Black coffee
- Sparkling water
- Whole fruit (not juice)

Refined Sugar, like alcohol, is poison to your body. You will never feel your best while eating or drinking refined sugar. You can't get around this. Accept It. Implement It. Move on to #2.



RULE #2 — Kill Processed Carbs.

Why It Matters:

Processed carbs turn into sugar fast and fuel visceral fat. 1 cup of pasta turns into 11 gms of sugar in your body. Sucks, but it is what it is.

Eliminate:

- White bread
- Pasta
- Crackers
- Chips
- Breakfast cereals

Replace With:

- Animal Products
- Above Ground vegetables
- Leafy Greens
- Whole foods

Almost all prepackaged processed carbs are loaded with chemicals that mess your body and mind up. Why would you voluntarily eat that crap?



RULE #3 — Protein First. Every Meal.

This one is huge for us men over 50.

Why It Matters:

Protein protects muscle, burns fat, and stabilizes blood sugar.

Simple Rule: Eat protein before anything else.

Good Protein Sources:

- Eggs
- Chicken
- Beef
- Fish
- Greek yogurt
- Pork

Target guideline:

30–40g per meal

Read or listen to a book on the Carnivore Diet. It might just be the best thing you've ever done for yourself. I've been Carnivore for 2 years now. My family watched how much I've Improved and now 5 out of 6 are on It too.



RULE #4 — Eat Real Fats. (No Fake Garbage)

Why It Matters:

Healthy fats reduce inflammation. Fake fats increase it.

Eat More Of:

- Eggs
- Butter
- Olive oil
- Avocados
- Tallow and lard
- Fatty fish

Avoid:

- Seed oils
- Margarine
- Artificial spreads

There's a lot of weird stuff being created to replace healthy animal fats. Avoid them all. You're not a Guinea Pig. And I guarantee some things will end up being a horrible mistake. Remember Olean?

RULE #5 — The 3 Step Food Rule.

Why It Matters:

The human body has evolved for thousands of years without processed foods. It has not developed a healthy way to deal with them once Ingested.

If it took more than 3 steps to get to your plate — don't eat it.

Examples:

Allowed:

- Harvested → Washed → Cooked
- Killed → Butchered → Cooked
- Milked → Churned → Packaged

Avoid:

- Isolated ingredients → Factory → Processed → colored → stabilized → Packaged → Marketed

Processed foods were only Invented to benefit the profits of Big Food. There has never been a benefit in mind for the human body. Every bite of processed foods you take, Big Food laughs all the way to the bank.



Bonus #1 – If you can't read It - Don't eat It.

If what you're eating has an Ingredients list, a 3rd grader should be able to be read and understood It.

Most foods In your supermarket are made with a paragraph of Ingredients that were made in Chemical labs, and never designed to be absorbed Into your body.

The same food could be made at home with 4-5 Ingredients that every 3rd grader could recognize. Make It at home.

Bonus #2 – If the food has a long shelf life, don't eat It.

Any food that can last over a week unrefrigerated Is unnatural and bad for you. This can only be done with synthetic chemicals that are wrecking you Inside.

A long shelf life was created to Increase profits for Big Food at the expense of your health. Don't help them. Avoid these foods and help yourself.



The **First 3 Foods** to Throw Out Today

Take immediate action NOW!

- Sugary drinks
- Breakfast cereal
- Processed snack foods

Don't think about It — Just do It.

Your New Grocery List:

(Strong Men Eat Like Strong Men)

Protein:

- Eggs
- Chicken
- Beef
- Salmon
- Tuna
- Greek yogurt
- Pork

Healthy Fats:

- Olive oil
- Butter
- Avocados
- Tallow/Lard
- Nuts

Carbs:

- Leafy Greens
- Above ground vegetables
- Whole fruits

Sample Day of Eating

A Pain-Free Plate Sample Day

Breakfast:

3 eggs
Avocado
Black coffee

Lunch:

Grilled beef
Mixed vegetables
Olive oil
Unsweetened Iced tea

Dinner:

Steak
Steamed broccoli

Snack: (if needed)

Greek yogurt
Handful of nuts
Water

Stop eating when you start to feel full. Wait, and you will feel more full in 10-15 minutes.