



Alright, so I'm going to go over and list my usual day's consumption on my 21- Day Protein Sparing Modified Fast.

It's a bare-bones approach.

This is the first time in my life that I've gone 3 weeks without eating meat. And you know what? I'm ready to eat meat again!

My workouts during this time were decent. Not great, but I was able to maintain my muscle.

I did notice that my stamina went down pretty quick. I just couldn't do the volume of work that I'm used to.

But that's a WIN for being under-caloried and meatless.

Bodywise, I dropped 9lbs.

My single skinfold measurement that I personally use to track progress dropped 5mm. In a future post I'll show you how and why I

use this single measurement (it's accurate as heck for tracking personal progress).

So let's get down to it. Here's my typical day for the past 21 days.

Upon Wakening:

1/ Drink 20oz of cold water with a "pinch" of Himilayan sea salt.

2/ One cup of black coffee... but by day 16-17, I barely finished a cup of coffee.

Early/Mid-morning:

3/ Vanilla whey protein shake with [Orange Energy](#). I looked forward to this daily. It's so good (think orange creamsicle). I also took my [AM vitamins](#) at this time.



4/ One hot cup of broth. I drop a bullion cube into hot water and mix. Soothing. I think this replaced my coffee drinking.

5/ [Power Couple](#) - This is my Slim+ drink and LEAN capsules, which are a BCAA blend. This **absolutely helped stave off hunger**.



Early Afternoon:

6/ Whey protein shake, usually chocolate. Every once in awhile, I'd add some powdered peanut butter to the mix.

7/ Orange Energy again or Slim+ for use as my preworkout. I've stuck to either of these for my pre-workout.

Early Evening:

8/ After the gym, I come home and eat a salad. After about day 16, I might have eaten some berries and cashews or almonds (this is after my salad, if I didn't already mix them into the salad). I took my [PM vitamins](#) at this time as well.



That's it.

I got into a routine and it flowed fairly seamlessly. I did this in parallel with the [21 Days of Prayer and Fasting](#) at my Church.

So what's next?

If you'd like to give this 21-Day PSMF a go as a "jumpstart" to kick things in gear and give you focus, I'll be here to guide you.

In addition to the whey protein, you'll need supplements (especially on low calories.)

I suggest you start with your [personalized vitamins](#) and then add the [Power Couple stack](#).

This 21-Day PSMF is **powerful**. Couple it with daily gratitude/prayer every morning and you will notice and **feel an incredible change**.

Let me know if you need guidance - I'm here to help!

As for me now, I'm going to get back to my [KetoRecomp](#) protocol.



Richard Rigor

[Connect with me on Instagram!](#)