

START HERE

THE 3 RULES

FAST FUEL FLEX

THE DAY

EAT OUT

CONTROL

CLEANSE

DC3 STACK

TRACK

DISCIPLINECLUB

THE MEMBER NUTRITION SYSTEM

DISCIPLINE OVER EVERYTHING

THE DC3 DIET.



THREE RULES YOU STOP. **THREE RULES YOU EXECUTE.**

01 • STOP

NO LIQUID CALORIES

02 • STOP

KITCHEN CLOSES AT 9

03 • STOP

NO BS FOOD

04 • EXECUTE

FAST

9 PM to 9 AM

05 • EXECUTE

FUEL

One Fuel Plate. One Fuel Shake.

06 • EXECUTE

FLEX

One meal for taste and family

NO CALORIE COUNTING. NO MEAL PREP. NO WEIGHING FOOD.

READ THIS FIRST

THE FOOD THAT GAVE US SOUL IS MAKING US FAT.

Answer this honestly, brother. Out of every year you have been alive, how many can you say you actually ate right? Real fruit, real vegetables, lean meat, limited juice, limited alcohol. **Most of us can't name two.** We grew up on the corner store: chips, juice, pop, candy, hot chips, honey buns, fried everything. Your mom gave you your first chip.

01 WE NEVER ATE RIGHT. WE JUST MOVED.

We had practice, conditioning and three hours outside every day, so we got away with it. **When sports left, discipline left.** Now we sit ten hours a day and eat the exact same way we did at sixteen, plus Uber Eats and a drink to decompress.

02 IT DOESN'T RUN IN YOUR FAMILY.

What runs in the family is bad eating. High blood pressure, type 2 diabetes, a stomach that walks in the room before you do. "I just got a little high blood pressure." That's the one thing that takes us out.

03 THE PROBLEM WAS NEVER OUR FOOD.

The problem is large portions, sugary drinks, constant restaurant meals, alcohol, late night eating and eating to cope with stress. **You don't have to give up your culture. You have to regain control.** The cookout, the holiday plate and Sunday dinner are still yours. You just walk in with a standard.

04 INFORMATION WAS NEVER YOUR PROBLEM.

You already know what to eat. You need structure, a standard and a coach who notices when you slip. **You don't have a weight problem. You have a discipline problem.** The DC3 is the structure.

AS A BLACK BUSINESSMAN, BEING SUCCESSFUL WITH A STOMACH AND HIGH BLOOD PRESSURE IS UNACCEPTABLE.



REAL FOOD

Food that builds you, not food that breaks you.

THE SYSTEM · 3 RULES YOU STOP, 3 RULES YOU EXECUTE

STOP THE BLEEDING. THEN BUILD THE MAN.

The DC3 is the food side of the Discipline 6. **Three rules stop the damage. Fast, Fuel and Flex tell you exactly what to eat instead.** That's the whole diet. It's simple, but it's not easy.

THE 3 RULES YOU STOP

01

NO LIQUID CALORIES

We don't drink our calories. Water first. Your Fuel Shake is the exception.

02

KITCHEN CLOSES AT 9

The Discipline Fast, 9 PM to 9 AM. Nothing good happens after 9.

03

NO BS FOOD

No fast, fried or fake food. Real food, better swaps, controlled portions.

THE 3 RULES YOU EXECUTE

04 · FAST

12 HOURS OFF

9 PM to 9 AM. Water, coffee, tea and zero calorie drinks only.

05 · FUEL

TWO FUEL MEALS

One Fuel Plate and one Fuel Shake. Protein, fruit, vegetables.

06 · FLEX

ONE FLEX MEAL

Protein, a controlled carb, produce. Flex is structure, not a cheat.

3

MEALS A DAY

Three decisions instead of thirty.

3

POINTS A NIGHT

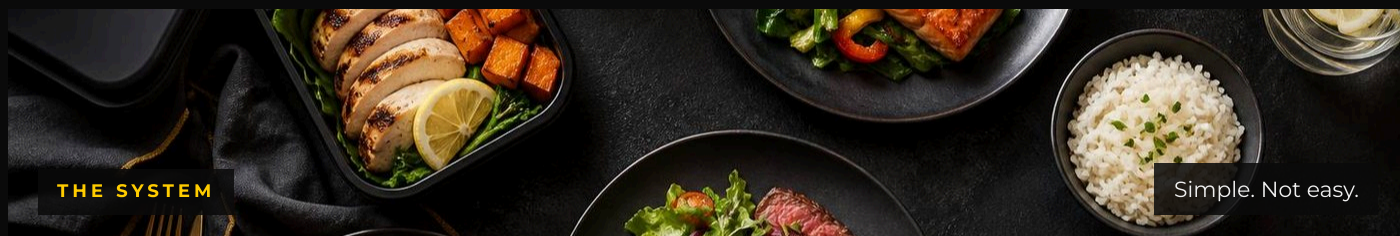
Rules 01, 02 and 03 checked off in the app.

1

PHOTO A MEAL

No calories. No typing. The picture is the log.

WEEK ONE STARTS WITH THE **DISCIPLINE CLEANSE**. PAGE 15.



THE SYSTEM

Simple. Not easy.

DAY 0 • DO THIS BEFORE YOUR FIRST MEAL

START HERE.

Reading this is not executing it. **Knock this list out in the next 24 hours** and you're locked in before day one even starts. You don't rise to intention. You fall to preparation.

YOUR DAY 0 CHECKLIST

- 1 **Open the Discipline Club app.** The gold + in the bottom right corner is your photo journal.
- 2 **Take your starting numbers.** Weight first thing in the morning, waist at the belly button, front and side photo.
- 3 **Start the Discipline Cleanse.** Your first 5 days, page 15.
- 4 **Shop once.** Cleanse food list, page 15.
- 5 **Order the DC3 Stack.** Page 16. Whey, Burn, Digestive Enzymes, Probiotic and Multivitamin in one order.
- 6 **Remove access.** Juice, pop, chips, cookies, honey buns. Out of the house today. The kids aren't supposed to eat that either.

EVERY DAY

- Fast 9 PM to 9 AM
- Fuel Plate + Fuel Shake + Flex
- Photo every meal in the app
- Check off rules 01, 02 and 03 before bed

EVERY WEEK

- **Friday:** the Weekly Check In opens. Complete it.
- **Saturday:** weigh in before food, same scale. Waist and progress photo. Score drops. Discipline Huddle live at 9 AM CT.
- **Sunday:** reset and plan the week.

YOUR COACH

Ask before you guess. On Day 3, send your coach your energy, your hunger and the first rule you missed. **Getting coached isn't proof you're incapable. It's proof you're serious.**

SAFETY FIRST. THEN THE STANDARD.

Take blood pressure or diabetes medication, or have kidney, heart or liver disease? Show this plan to your doctor before you start. High protein and lower carbs can change what your medication needs to do. Taking Burn? It has caffeine and yohimbe: high blood pressure, a heart condition, anxiety or any medication means doctor first. Burn days: one cup of coffee max, no energy drinks, no pre workout. Stop and get help for dizziness, fainting, chest pain or anything that feels wrong.

DAY 1

Execute. Log. Review. Correct.

STOP RULE · 1 POINT EVERY NIGHT

01 NO LIQUID CALORIES.

We don't drink our calories. If it's in a glass, a can, a bottle or a cup, it needs to be zero calories. **This is the easiest rule in the DC3**, because you don't give up a single flavor. You only give up the sugar.

THE SWAP LIST · SAME TASTE, ZERO SUGAR

Coke, Sprite, Pepsi	› Coke Zero, Sprite Zero, Pepsi Zero
Juice, even organic	› Crystal Light, flavored or sparkling water
Sweet tea, lemonade	› Unsweet tea with lemon and stevia
Sugar and syrup in coffee	› Splash of cream, stevia, cinnamon
Gatorade, Powerade	› Gatorade Zero, Liquid IV Sugar Free
Honey, agave, real sugar	› Stevia, monk fruit

WHY IT'S EASY

You're not cooking anything new. You're buying the zero version of what you already drink. Same store, same aisle, same flavor. **One decision at checkout eliminates hundreds of calories a day.**

WHY IT MATTERS

Sugar in a drink hits your blood faster than anything on a plate and never fills you up.

When you're drinking sugar, you're drinking type 2 diabetes in a bottle. Organic apple juice included.

WHAT DOESN'T BREAK RULE 01

- Your Fuel Shake. A shake is a meal, not a drink.
- A splash of cream in your coffee.
- Diet drinks, two a day. Water stays the default.

CONTROLLED ALCOHOL

Disciplined men don't drink 10, 14, 20 drinks a week. **Five a week max, one or two in a sitting, finished by 9 PM.** Liquor with soda water and lime, whiskey neat, dry wine or a light beer. Inside the five, you keep the point.

150 TO 500

CALORIES ELIMINATED EVERY DAY · 1 POINT



RULE 01

Drink water. Eat your food.

STOP RULE · 1 POINT EVERY NIGHT

02 KITCHEN CLOSES AT 9.

Nothing good happens after 9. Nobody is eating carrots at 10:40 PM. Nobody is watching the game with a salad. **Late night food isn't hunger. It's stress, exhaustion and habit,** and most men undo twelve good hours in the last two.

WHY THE CLOCK WORKS

A fixed close removes the hour where willpower is lowest and decisions are worst. You're not fighting hunger. **You're following a rule you already set.**

HUNGRY AFTER 9?

Drink water. Wait fifteen minutes. Then ask yourself honestly: is that hunger, or is that stress, boredom or a habit you've never confronted?

EVERY SINGLE NIGHT?

Nine times out of ten you didn't eat enough at your Fuel meals. **Fix the Fuel Plate and the Fuel Shake first,** then hold the line.

THE 9 PM CLOSE ROUTINE

- Finish your Flex meal by 8:30.
- Kitchen lights off. Food put away. Nothing on the counter.
- Evening Probiotic with your Flex meal.
- Check off rules 01, 02 and 03 before bed.
- Water, tea or zero calorie drinks until morning.

LATE NIGHT AT WORK OR TRAINING?

Drink your Fuel Shake right after the session or on the drive home, and still close by 9. **The standard doesn't move because the schedule did.** Not a drive thru at 10 PM.

CLOSE THE KITCHEN. LEAVE IT IN THE DAY.

This one rule does more for binge eating than any diet you've tried, because binges don't happen at noon. They happen at night, alone, in front of a screen.

200 TO 600

CALORIES ELIMINATED EVERY NIGHT · 1 POINT



STOP RULE · 1 POINT EVERY NIGHT · THE RULE THAT DOES THE MOST DAMAGE

03 NO BS FOOD.

Chips, candy, cookies, pop, ice cream, honey buns. **We are all addicted to it. Me included.** That's why you'll never find it in my house. If it's there, I'll eat it.

F1

FAST FOOD

Drive thru combos are engineered to be cheap, fast and impossible to stop eating. You can still eat on the road. Page 13 shows you how to order.

F2

FRIED FOOD

Fried chicken chains, fries, battered wings, fried fish. Grilled, baked, broiled or roasted is the standard. Fried belongs in a planned cheat meal, never a habit.

F3

FAKE FOOD

Anything built in a factory: chips, candy, cookies, pastries, packaged snacks. There's barely any ginger in ginger ale. It's all sales and manipulation.

THE APOCALYPSE TEST

If there was an apocalypse, would it survive? The Twinkie they find in every zombie movie. The fries that sat in a back seat for five years and still look golden. **If it can survive an apocalypse or sits in a gas station, it's BS.**

REMOVE ACCESS

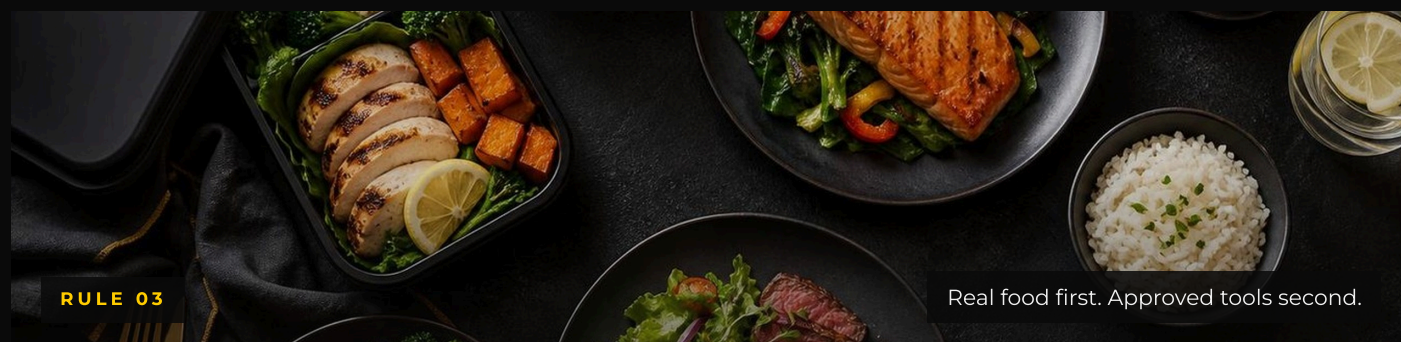
Some foods don't get moderated. Two cookies out of the pack is a tease. It takes eight before you feel anything, and you know which ones those are for you. **Stop buying them. You can't binge on what isn't in the house.**

CHIPS, CANDY, COOKIES, POP. AND EATING TOO DAMN MUCH OF IT.

That's the problem. Not the ketchup, not the bananas, not the pork chop. Eliminate this first and everything else gets easy. The approved shakes, bars and zero sugar swaps in this guide are tools, not BS.

300 TO 1,000+

CALORIES ELIMINATED EVERY DAY · 1 POINT · ALL FIGURES APPROXIMATE



RULE 03

Real food first. Approved tools second.

RULES 04, 05 AND 06 · THE 3 RULES YOU EXECUTE

FAST. FUEL. FLEX.

The stop rules remove the damage. These three tell you exactly what to eat instead. **Three meals a day, inside a twelve hour window.** Your hand is the only measuring tool.

04 FAST

9 PM to 9 AM. Twelve hours, most of them asleep. You're not fasting for magic. You're giving your body a full night to burn what you already ate.

- Water first, a full bottle
- Black coffee or unsweet tea, a splash of cream and stevia
- Break it at 9 AM or later with a Fuel meal
- Training at 6 AM? Shake right after. That's the one exception.

05 FUEL

Two Fuel meals a day: one Fuel Plate and one Fuel Shake. Protein, fruit and vegetables. Your strongest meals of the day.

- 2 palms of protein
- 2 fists of vegetables
- 1 cupped hand of fruit
- 0 hard carbs. Save them for Flex.
- Pages 9 and 10

06 FLEX

One Flex meal a day. Protein, a controlled carb and produce. Your taste buds, your recovery, your family. Flex is structure, not a cheat.

- 1 to 2 palms of protein
- 1 cupped hand of carbs
- 1 to 2 fists of vegetables
- 1 thumb of sauce or fat
- Page 11



FLEX

Fuel. Fuel. Flex. Your hand is the measuring tool.

PALM

Protein

FIST

Vegetables

CUP

Cupped hand: carbs and fruit

THUMB

Fats, oils, sauce

RULE 05 • FUEL • FUEL MEAL ONE

THE FUEL PLATE.

Your strongest meal of the day. **Double protein, loaded with vegetables and fruit, heavy on fiber, light on starch.** It keeps you full, sharp and productive, not sluggish and hunting sugar an hour later.

2X

PROTEIN

Two palms. Chicken, steak, fish, turkey, eggs, shrimp.

2X

VEGETABLES

Two fists. Greens, broccoli, peppers, green beans, salad.

1

FRUIT

One cupped hand. Berries, apple, orange, banana.

0

HARD CARBS

No rice, bread, pasta, potatoes or tortillas. Save them for Flex.

AT HOME

- Double chicken, broccoli and a side of berries
- Big salad, double grilled chicken and avocado
- Steak, green beans and an orange
- Salmon, asparagus and a side salad
- Eggs, turkey sausage, spinach and fruit
- Chili with no beans, cheese and avocado

ON THE GO

- Chipotle salad, double chicken, fajita veggies, salsa
- CAVA greens bowl, double chicken, no grains
- Chick fil A grilled nuggets and a side salad
- Jimmy John's Unwich or Jersey Mike's Sub in a Tub
- Wendy's bunless double and a side salad
- Grocery deli rotisserie chicken and a veggie tray

EAT UNTIL SATISFIED. NOT UNTIL STUFFED.

Most of us were raised to clean the plate and go back for seconds. If you reach for the Tums, need to sit down or need a break before you can move, you ate too much. Stop one bite earlier.



FUEL PLATE

Protein. Produce. Water.

RULE 05 • FUEL • FUEL MEAL TWO

THE FUEL SHAKE.

SHAKE. DON'T BREAK.

Your second Fuel meal is a **50 gram protein shake or smoothie**. It drives your protein up, slows hunger for hours and takes two minutes on the busiest day of the week. It's a meal, not a drink, so it never breaks rule 01. Breakfast, lunch or right after DC15.

THE BASE BUILD

2 scoops Natural Whey (48g protein), 1 cup unsweetened almond milk, 1 cup frozen fruit, 1 tbsp peanut butter or ground flax, ice. Add a handful of spinach you'll never taste.

ON THE ROAD

- Your Natural Whey in a shaker with water
- Fairlife Core Power Elite (42g)
- Premier Protein (30g). Add a scoop.
- Smoothie King Gladiator (45g). Add a scoop.

MEAL REPLACEMENT BUILDS

- 30g shake + a Quest bar
- Shake + bar + a handful of almonds
- 30g shake + plain Greek yogurt
- Protein, almond milk, fruit and greens blended

THREE BUILDS • EVERY ONE 50 GRAMS

PB&J. 2 scoops Natural Whey, 1 cup frozen strawberries, half a banana, 1 tbsp peanut butter, 1 cup almond milk.

Banana Almond Flax. 2 scoops, 1 frozen banana, a third cup Greek yogurt, 1 tbsp almond butter, 1 tbsp flax, almond milk, ice.

Green Dream. 2 scoops, a big handful of kale or spinach, 1 frozen banana, 1 tbsp peanut butter, almond milk, ice.

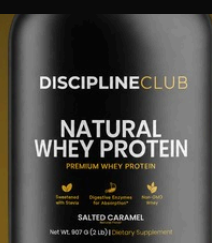
LABEL CHECK BEFORE YOU BUY

- **Protein:** at least 20g per shake or bar. Build to 50.
- **Added sugar:** 0 to 5g. Lower is better.
- **Portion:** one package can be two servings.
- **Tolerance:** watch caffeine, sugar alcohols and your stomach.
- **No dairy?** Almond milk and a plant protein. A dairy free Discipline Club protein is coming.

THE POST WORKOUT SHAKE LIVES HERE

Train, then drink your Fuel Shake. **One shake handles recovery and your second Fuel meal at the same time.** No extra meal, no extra decision.

FUEL SHAKE



50 grams. Two minutes. Locked in.

RULE 06 • FLEX • ONE FLEX MEAL EVERY DAY

FLEX. ONE MEAL. YOUR WAY.

The Flex meal is what makes this livable for the rest of your life. **This is where your carbs go.** Rice, potatoes, bread, pasta, tortillas. We don't fear carbs. We control them. One meal, not all three.

BUILD THE FLEX PLATE

- 1 to 2 palms of protein
- 1 cupped hand of carbs
- 1 to 2 fists of vegetables
- 1 thumb of fat or sauce

BEST TIMES TO FLEX

- After your workout
- Dinner with your wife and kids
- Sunday dinner and the cookout
- The business dinner
- Finished by 8:30

CHEAT WITH DISCIPLINE

Two planned cheat meals a week can take a Flex slot. **One meal, not an entire day.** The burger is fine. The burger, the fries, the shake and the dessert is a different conversation.

AT HOME

- Chicken, rice and vegetables
- Ranch pork chops, baby potatoes, green beans
- Steak, baked potato and salad
- Baked chicken tacos with lettuce and pico
- Salmon, rice and broccoli

YES, YOU CAN EAT THAT

Sauces and seasoning. A thumb, not a pour. **Pork and meat.** Meat was never the reason. **Fruit.** All of it, bananas included. Nobody got heavy on bananas. They got heavy on gummy bears. **Rice.** Brown or white, we're not having that argument. Eat it at Flex. Type 2? Lean toward oats, wheat bread and brown rice. **Salt.** High blood pressure? Follow your doctor on salt.

YOU CHEAT WITH DISCIPLINE. YOU DON'T HAVE AN AFFAIR.



Eat with your family. Close by 9.

DAILY APPLICATION

A DISCIPLINED DC3 DAY.

The clock can move. The order doesn't. **Plan your day, or hunger and the calendar will plan it for you.** Your first meeting is with the standard.

WAKE UP

Fast. Water first. 1 Burn capsule. Coffee or tea with a splash of cream and stevia, one cup max on Burn days.

BEFORE WORK

DC15. Fifteen minutes. No energy drinks, no pre workout on Burn days.

9 AM TO NOON

Fuel Shake. Break the fast. 2 Multivitamin capsules and your first Probiotic. Photo it.

NOON TO 3 PM

Fuel Plate. 1 Digestive Enzyme capsule 20 to 30 minutes before. Double protein, vegetables, fruit, no hard carbs.

5 TO 8:30 PM

Flex. Digestive Enzyme 20 to 30 minutes before. Protein, one carb, vegetables. Eat with your family. Second Probiotic. Photo first. Then the Discipline Walk.

9 PM

Kitchen closed. Check off rules 01, 02 and 03. Water, tea or zero calorie drinks until morning.

SNACKS

Only when you're truly hungry. One snack, photo it: fruit, jerky, boiled eggs, Greek yogurt, raw nuts, a protein bar.

WATER

Work toward a gallon a day, adjusted for your body, climate and training. Thirst shows up feeling like hunger.

WHAT BREAKS THE DAY

Skipping the shake, then showing up to dinner starving. Grazing between meals. Drinking your lunch.

YOUR BODY IS A BUSINESS. DID YOU HANDLE BUSINESS TODAY?

DISCIPLINE CLUB

DISCIPLINE OVER EVERYTHING

Fast. Fuel. Fuel. Flex.

REAL LIFE · ORDER WITH A STANDARD, NOT A STRUGGLE

EAT OUT THE RIGHT WAY.

You're going to eat out and you're going to travel. Meal prep doesn't survive a real calendar, so this system never depended on it. **Protein first, double vegetables, sauce on the side, zero calorie drink.** You don't explain your plate.

WHERE YOU ARE	FUEL ORDER	FLEX ORDER
CHIPOTLE	Salad, double chicken or steak, fajita veggies, salsa, a little guac	Bowl, double protein, rice, beans, fajita veggies, salsa
CAVA / SWEETGREEN	Greens bowl, double protein, dressing on the side	Rice or warm bowl, double protein, vegetables
SUBWAY / JERSEY MIKE'S	Protein bowl or Sub in a Tub, double meat, all veggies	6 inch or mini sub, single meat, loaded veggies
CHICK FIL A	Grilled nuggets plus side salad, or grilled Cobb salad	Grilled chicken sandwich plus fruit cup. No fries.
PANDA EXPRESS	Grilled teriyaki chicken, sauce on the side, Super Greens	Grilled teriyaki chicken, half brown rice, half greens
BURGER CHAINS	Patties, no bun, side salad. Breakfast: eggs and sausage, no biscuit.	No Flex here. Order it the Fuel way.
WINGS	Traditional unbreaded wings, dry rub, celery and carrots	Same order. No boneless, no fries, no sweet glaze.
STEAKHOUSE	Grilled steak, chicken, salmon or shrimp, salad, double veggies	Add a plain baked or sweet potato. No bread basket.
BREAKFAST SPOTS	Veggie omelet or eggs, lean breakfast meat, fruit	Add toast, grits or oatmeal. No pancakes, syrup or juice.
STARBUCKS	Egg bites plus coffee with cream and stevia	Protein box. No pastry, syrup or sweet cold foam.
GROCERY DELI	Rotisserie chicken, boiled eggs, salad, veggie tray	Rotisserie chicken plus a sushi roll or sandwich
GAS STATION	Boiled eggs, tuna pouch, jerky, cheese stick, nuts, Core Power Elite	Skip it. Eat the right meal next.
AIRPORT / HOTEL	Eggs and fruit, grilled protein salad, bunless burger, shake and bar	Grilled protein, one starch, one vegetable

BEFORE THE TRIP

Decide before you leave. Find the spots near the hotel. Pack a shake, protein bars, jerky, nuts and fruit.
Hunger should never be a surprise.

THE UNIVERSAL FALLBACK

Exact order not available? Protein plus vegetables plus controlled fat. If they can't give you that, use your shake or bar and eat right at the next meal.

THE PRINCIPLE UNDER ALL OF IT

CONTROL IT. THEN BOUNCE BACK.

The DC3 isn't against alcohol, dessert or the cookout. **The DC3 is against losing control.** Overeating and overdrinking put the weight on. Not one burger. Not one drink. A disciplined man can say no when he wants to say yes.

ALCOHOL

Five standard drinks a week max, one or two in a sitting, never a binge, finished by 9 PM. 5 oz wine, 12 oz beer or 1.5 oz liquor.

CHEAT MEALS

Two a week max, planned, in place of a Flex meal. A planned cheat keeps the rule 03 point. Choose food you love: real pizza, tacos, BBQ, soul food.

SWEET TOOTH

Frozen grapes, Greek yogurt and berries, protein ice cream, dark chocolate, sugar free gelatin, or something homemade you can read the ingredients on.

THE BOUNCE BACK · IT'S GOING TO HAPPEN

1 · Own it. No excuses, no shame. Make it your fault.

2 · Hydrate. Back to water. Rule 01 first.

3 · Return to structure. Next Fuel meal. Don't wait for Monday.

4 · Honor the cutoff. Kitchen closed at 9. That ends the slide.

5 · Move. DC15 and the walk. Exercise isn't punishment.

6 · Report. Tell your coach what happened and what triggered it.

BREAK THE RULE?**ANSWER****WHY****PLANNED CHEAT MEAL****Keeps the point**

Two a week, planned, in place of Flex

DRINK WITH DINNER**Keeps the point**

Inside five a week and finished by 9 PM

PROTEIN BAR, DIET POP**Keeps the point**

Approved tools. Diet drinks, two a day.

JUICE, SWEET TEA, POP**Costs rule 01**

Liquid sugar. No exceptions.

FUEL SHAKE AFTER 9 PM**Costs rule 02**

A shake is a meal. The kitchen is closed.

CHIPS AT THE COOKOUT**Costs rule 03**

Fake food is fake food, even at a family function.

LOCKED IN DON'T MEAN PERFECT. IT MEANS LOCKED IN.

SUNDAY DINNER AND THE COOKOUT

Same as any other day. It's your Flex meal. Protein first, one plate, one carb, then stop. **You can love the family without eating the whole table.**

SCALE STUCK TWO WEEKS?

Run the Discipline Cleanse again. Five days, page 15, then back to the full DC3. Bring your photo journal to your coach so he can find the leak.

DAYS 1 TO 5 OF MEMBERSHIP · DAYS 1 TO 5 OF EVERY MONTH

THE DISCIPLINE CLEANSE.

Every brother starts the Club with this. Five days, low carb, zero negotiation. **A clean first win: proof you can control the next meal.** Then you run it the first five days of every month, and any time the scale sits still for two weeks.

THE ONE CHANGE

All six standards stay in force. **Your Flex meal becomes a third Fuel meal.** No bread, rice, pasta, potatoes, beans, cereal, oats, grains, chips, tortillas, pastries or sweets for five days.

THE TARGET

Expect 5 to 10 pounds off the scale. That's water, glycogen and body fat, not 10 pounds of pure fat. Day 6, the Flex meal comes back on purpose. No alcohol for the five days. The restriction ends. The discipline stays.

PROTEIN

- Chicken, turkey
- Lean beef, pork loin
- Salmon, tuna, shrimp
- Eggs
- Greek yogurt

VEGETABLES

- Greens, romaine
- Broccoli, cabbage
- Green beans
- Peppers, spinach
- Frozen, no sauce

FATS + FRUIT

- Avocado
- Olive oil
- Nuts, peanut butter
- Cheese, a little
- Any whole fruit

FLAVOR

- Mustard, hot sauce
- Seasonings
- Light dressing
- Lemon or lime
- Sugar free sauces

CLEANSE DAY RHYTHM

- **9 to 10 AM:** Fuel Shake
- **1 PM:** Fuel Plate
- **4 PM:** one snack, only if truly hungry
- **7 PM:** Fuel Plate. Done by 9.

DAILY CLOSEOUT

- Water first, toward a gallon
- Photo every plate
- Probiotic: one daytime, one evening
- Rules 01, 02 and 03 checked before bed

SAFETY OVERRIDES THE CHECKMARK.

Diabetes, kidney or heart disease, glucose or blood pressure medication, pregnancy, or a history of disordered eating? Doctor first. Stop immediately for severe weakness, confusion, fainting, persistent vomiting or dehydration.

Eating out: use the Fuel order on page 13. The full food list, drinks, shakes and every restaurant order are in The Discipline Cleanse.

DC FUEL • BUILT TO COMPLEMENT THE DC3 DIET

THE DC3 STACK.

THE SYSTEM HAS AN EDGE.

The DC3 is the system. **The DC3 Stack backs every rule in it:** more protein, a fat burning and metabolism edge, and a gut that can actually process the food you're now eating right. Five products, chosen for this exact diet, in one order. Don't guess with random supplements from the store. Run ours.



FUEL • PROTEIN

NATURAL WHEY PROTEIN

Your Fuel Shake. Most men aren't eating close to enough protein. Two scoops is 48 grams, stevia sweetened, 0g added sugar. **Run it:** 2 scoops at breakfast or right after DC15.



FAST • FAT BURN AND METABOLISM

BURN

Supports fat burning, energy and appetite control so the Fast and rule 03 get easier to hold. **Run it:** 1 capsule in the morning, never past 4 PM. 8 weeks on, 2 off. One cup of coffee max, no energy drinks, no pre workout.



FUEL AND FLEX • PROCESS YOUR FOOD

DIGESTIVE ENZYMES

You just doubled your protein. Your body has to break it down. Supports digestion of protein, fats and carbs, less bloating and better absorption. **Run it:** 1 capsule 20 to 30 minutes before your Fuel Plate and your Flex meal.



RULE 03 • GUT RESET

PROBIOTIC 40 BILLION

40 billion CFU for the gut that decades of fried and processed food left behind. Pairs with the Cleanse. **Run it:** 1 capsule daytime, 1 evening.



EVERY DAY • COVERAGE

MULTIVITAMIN

Men's Supervitamin. Covers the gaps on travel days and long days. **Run it:** 2 capsules with your first meal.

ORDER THE DC3 STACK • \$169 ›

\$180.95 bought separately. All five, shipped together, at disciplineclubstore.com. The stack backs the work. It never replaces it. Any condition or medication? Talk to your doctor first. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

EXECUTE · LOG · REVIEW · CORRECT

POST PROOF. GET YOUR SHIRT.

The DC3 isn't a diet you follow alone. **Every meal goes in the photo journal. Every night, rules 01, 02 and 03 get checked off.** Your score lives at hub.disciplinecoach.com. If it isn't tracked, it becomes negotiable.

EVERY MEAL · THE PHOTO JOURNAL

- 1 Tap the gold + in the app, then **Meal**.
- 2 Take the picture before you eat. Tap Review, then log it. No calories, no typing. The picture is the log.

EVERY NIGHT · AS LABELED IN THE APP

- **No Liquid Calories** · rule 01
- **No Eating Past 9pm** · rule 02
- **No Processed Foods** · rule 03

3,286+

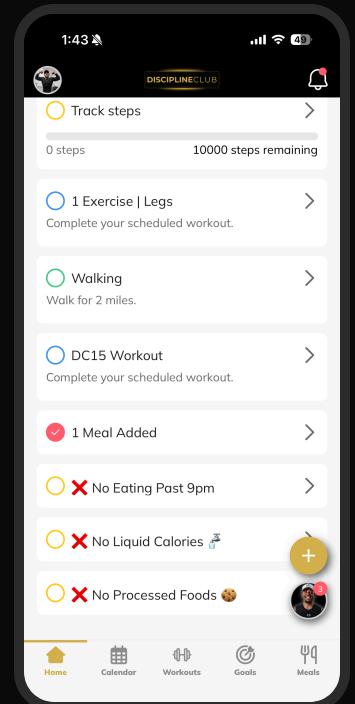
men coached

104,000+

pounds lost

31 LBS

average loss



WEIGHT LOSS IS THE PROOF. DISCIPLINE IS THE PRODUCT.

Coach Ronnie runs the same three rules. Same Fast, Fuel, Flex. The daily discipline is the boring, repetitive work that will transform you. Be addicted to the work, not the result. Lock in, brother. 90 days from now you're gonna be a whole nother brother.

COACH RONNIE D.O.E.