

START HERE

THE DAY

FOOD LIST

DRINKS + BACKUP

EAT OUT

DAY 6

DISCIPLINECLUB

PRIVATE MEMBER FIELD GUIDE



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



THE DISCIPLINE CLEANSE.

FIVE DAYS. ZERO HARD CARBS. ZERO NEGOTIATION.

THE TARGET

5 TO 10 LBS OFF THE SCALE

THE DAY

SHAKE. PLATE. PLATE.

DAY 6

BACK TO THE FULL DC3

A CLEAN FIRST WIN: PROOF YOU CAN CONTROL THE NEXT MEAL.

START HERE

RESET THE FOOD. REGAIN CONTROL.

Every brother starts the Club with this. Five days of protein, fruit, vegetables and controlled fat. **No hard carbs.** It flushes excess water, breaks the grip of sugar and processed food, and puts you back in control before the full DC3 starts on Day 6.

01 IT SIMPLIFIES EVERY DECISION.

You know exactly what to eat, drink and order for five days. **Three decisions a day instead of thirty.**

02 IT RESETS THE ENVIRONMENT.

You shop once, keep simple food in the house, know the restaurant order and **remove access** to the junk.

03 IT CREATES A CLEAN FIRST WIN.

The real result is proof. **You can control the next meal, close the kitchen and execute all six standards under pressure.**

04 IT LEADS BACK TO THE DC3.

Day 6, the Flex meal comes back on purpose. The temporary restriction ends. **The discipline stays.**

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. Fruit stays.

THE TARGET

Expect 5 to 10 pounds off the scale. That total includes water, glycogen, sodium and body fat, not 10 pounds of pure fat. Every body responds differently. The assignment is the same: five honest days, logged in the app.

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



FIVE DAYS

Water first. Protein first.

BUILD THE DAY BEFORE IT BUILDS YOU

THE PLATE.

THE DAY.

Every Cleanse plate is a Fuel Plate. **Eat until satisfied, never stuffed.** Don't force food. Don't graze all day.

2

PALMS OF PROTEIN

Chicken, turkey, lean beef, fish, seafood, eggs, Greek yogurt or your [Fuel Shake](#).

2

FISTS OF VEGETABLES

A big salad or non starchy vegetables at least twice a day, plus whole fruit.

1

THUMB OF FAT

Avocado, nuts, olive oil, peanut butter, cheese or dressing. Healthy doesn't mean unlimited.

CLEANSE DAY RHYTHM

WAKE UP

Water first. Black coffee or unsweet tea. 1 [Burn](#) capsule if you run it. One cup of coffee max on Burn days.

9 TO 10 AM

[Fuel Shake](#). Break the fast. Multivitamin and your first [Probiotic](#).

1 PM

Fuel Plate. [Digestive Enzyme](#) 20 to 30 minutes before. Protein and vegetables.

4 PM

One snack, only if truly hungry. Fruit, nuts, boiled eggs or a protein bar.

7 PM

Fuel Plate. Digestive Enzyme before. Second Probiotic. Then the Discipline Walk.

9 PM

Kitchen closed. All six checked off in the app. Leave it in the day.

WHEN HUNGER HITS

Eat a real meal first. Not practical? Use your shake or a protein bar, boiled eggs, plain Greek yogurt, turkey roll ups, string cheese, vegetables, nuts or fruit.

DAILY CLOSEOUT

- Water toward a gallon
- Protein every meal, vegetables twice
- Photo every plate
- DC15, the walk and 10,000 steps

THE DAY

DISCIPLINECLUB

NATURAL
WHEY PROTEIN

PREMIUM WHEY PROTEIN

100% Whey Protein Isolate

100% Whey Protein Isolate

100% Whey Protein Isolate

100% Whey Protein Isolate

Shake. Plate. Plate. Closed at 9.

SHOP ONCE · EXECUTE FIVE DAYS

THE CLEANSE

FOOD LIST.

Buy enough simple food to remove every emergency decision. **The refrigerator should make the right choice easy.** Screenshot this page and take it to the store.

PROTEIN

- Chicken breast
- Lean turkey or beef
- Pork loin or tenderloin
- Salmon, tuna, shrimp, crab
- Eggs and egg whites
- Plain Greek yogurt
- Cottage cheese

VEGETABLES

- Romaine and mixed greens
- Broccoli and cabbage
- Cucumber and tomato
- Asparagus and green beans
- Peppers and mushrooms
- Spinach and zucchini
- Frozen vegetables, no heavy sauce

FATS

- Avocado
- Olive or coconut oil
- Natural peanut butter
- Nuts and seeds
- Cheese, in moderation
- Bacon or turkey bacon
- Light dressing or mayo

SAUCES + FLAVOR

- Mustard and hot sauce
- Sugar free honey mustard
- Any low calorie sauce, a thumb
- Light salad dressing
- Seasonings
- Lemon or lime juice
- Pickles

ANY WHOLE FRUIT IS ALLOWED.

Berries, apples, pears, grapes, kiwi, pineapple, oranges, bananas, peaches or melon. **Eat the fruit. Don't turn it into juice.**

NOT THIS WEEK

Bread, rice, pasta, potatoes, beans, cereal, oats, grains, chips, tortillas, pastries, sweets, juice, regular pop. Day 6, the carbs come back at Flex.



SHOP ONCE

Protein. Produce. Water. Done.

HYDRATE WITHOUT GUESSING · CONVENIENCE WITHOUT THE BS

DRINKS, SHAKES AND BACKUP.

We don't drink our calories. **Water stays the default.** A busy man needs backup food too, so here are the exact products, plus four label checks so a package never makes the decision for you.

WATER FIRST

Work toward a gallon a day, adjusted for your body, climate, training and your doctor.

ZERO CALORIE DRINKS

Sparkling water anytime. Diet drinks and zero calorie drink packets, two a day. **No alcohol for the five days.**

COFFEE + TEA

Black coffee or unsweet tea. A splash of cream, stevia, cinnamon or lemon. No sugar, no syrup.

ENERGY DRINKS AND THE LINE

Zero sugar energy drinks only, and **never on a Burn day.** Burn days: one cup of coffee max, no energy drinks, no pre workout. If the label shows calories from sugar or a sweetened mixer, it's not a zero calorie drink.

APPROVED SHAKES

- Your Natural Whey, 2 scoops (48g)
- Fairlife Core Power Elite (42g)
- Premier Protein or Fairlife Nutrition Plan (30g)
- Any whey isolate, 20g+ protein, 5g or less added sugar

APPROVED BARS + SNACKS

- Quest bars, about 20g protein, 1 to 2g sugar
- Nuts, any fruit, boiled eggs
- Plain Greek yogurt, string cheese
- Turkey and cheese roll ups, pickles
- Sugar free gelatin with whipped cream

1

PROTEIN

At least 20g per shake or bar.

2

ADDED SUGAR

0 to 5g. Lower is better.

3

PORTION

One package can be two servings.

4

TOLERANCE

Watch caffeine and sugar alcohols.

DRINKS

Drink water. Eat your food.

THE MENU IS NOT IN CHARGE

EAT OUT ON THE CLEANSE.

A busy schedule is real. A random order is still a choice. **Grilled protein, double vegetables, sauce on the side, no hard carbs, zero calorie drink.** Then stop negotiating.

WHERE YOU ARE	YOUR CLEANSE ORDER
CHIPOTLE / QDOBA	Salad base, chicken or steak, fajita veggies, salsa, a little guac. No rice, beans, corn, chips or tortilla.
CAVA / SWEETGREEN	Greens only bowl, double grilled protein, vegetables, dressing on the side. Skip grains and pita.
SUBWAY / JERSEY MIKE'S	Protein bowl or Sub in a Tub, double meat, all vegetables, mustard or oil and vinegar.
CHICK FIL A	Grilled nuggets plus side salad, or a salad with grilled chicken. Dressing on the side.
BURGER CHAINS	Bunless burger, lettuce, tomato, onion, mustard, pickles, side salad. Breakfast: eggs and sausage, no biscuit.
PANDA EXPRESS	Grilled teriyaki chicken, sauce on the side, Super Greens. No rice or noodles.
WINGS	Traditional unbreaded wings, dry rub or sauce on the side, celery and carrots.
STEAKHOUSE	Grilled steak, chicken, salmon or shrimp with salad and double vegetables. No bread or potato.
BREAKFAST SPOTS	Vegetable omelet or eggs with lean breakfast meat. Whole fruit. No toast, grits, potatoes or pancakes.
STARBUCKS	Egg bites. Coffee with a splash of cream and stevia. No pastry or syrup.
GROCERY DELI	Rotisserie chicken, boiled eggs, salad, veggie tray, plain Greek yogurt.
GAS STATION	Boiled eggs, tuna pouch, jerky, cheese stick, nuts, fruit, Core Power Elite.
AIRPORT / HOTEL	Eggs and fruit, grilled protein salad, bunless burger, or your shake and bar.

BEFORE YOU LEAVE

Check the airport, hotel and dinner menus. Pack your shake, bars, nuts, fruit and water. **Hunger should never be a surprise.**

THE UNIVERSAL FALLBACK

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.

DISCIPLINE CLUB

DISCIPLINE OVER EVERYTHING

The menu is not in charge.

FINISH THE FIVE · KEEP THE DISCIPLINE

DAY 6.

THE STANDARD STAYS.

The Cleanse ends. The discipline doesn't. **Bring the Flex meal back on purpose** and run the full [DC3 Diet](#). Then run the Cleanse again the first five days of every month, and any time the scale sits still for two weeks.

DAY 6 TRANSITION

Rice, potatoes, oats, beans or whole grains come back at one Flex meal a day. One cupped hand. Finished by 8:30.

WHAT TO REPORT

Hunger, energy, digestion, training, your weight and waist, progress photos and your Discipline Score. Bring it to your coach.

WHAT YOU KEEP

Water first. Protein first. Fruit and vegetables daily. Kitchen closed at 9. No BS. The Discipline 6 remains.

THE CLEANSE AND THE DC3 STACK

The [Probiotic](#) and [Digestive Enzymes](#) pair with the Cleanse to support digestion and a gut reset. Your [Fuel Shake](#) keeps protein high while carbs are out. **The stack backs the work. It never replaces it.**

ORDER THE DC3 STACK · \$169 ›

\$180.95 bought separately. Not evaluated by the FDA. Not intended to diagnose, treat, cure or prevent any disease.

SAFETY OVERRIDES THE CHECKMARK.

Check with your doctor first if you have diabetes, kidney or heart disease, take glucose or blood pressure medication, are pregnant, have a history of disordered eating or have another condition affected by diet. [Burn](#) has caffeine and yohimbe: high blood pressure, a heart condition, anxiety or any medication means doctor first. **Stop immediately** for severe weakness, confusion, fainting, persistent vomiting, dehydration or anything that feels dangerous.



FIVE DAYS. ONE CLEAN FIRST WIN.

Every pleasure you overpower adds to your discipline. Finish the five, post proof in the brotherhood and walk into Day 6 in control. Your level of compliance speeds up time.

COACH RONNIE D.O.E.