



Dr. Berg®

THE KNOWLEDGE DOC®

Weight Loss Protocol Daily Checklist

Goal: Support healthy insulin and blood sugar levels, curb cravings, and regulate hunger hormones.

Core rules: Avoid snacking, limit carbs to 50 g per day, take a walk after meals, and eat an early dinner.

6:00 a.m. to 7:00 a.m. | Morning

Drink water with **Dr. Berg Electrolyte Powder** to reduce false hunger signals

Mo Tu We Th Fr Sa Su

Optional: Coffee with one scoop of **Dr. Berg Multi Collagen Peptides**

7:00 a.m. to 12:00 p.m. | Fat-burning phase

Stay fasted to keep insulin low and enable maximum fat-burning

Mo Tu We Th Fr Sa Su

Take a long walk

Avoid artificial sweeteners

12:00 p.m. to 1:30 p.m. | Meal #1

Eat 6 to 8 oz (170 to 225 g) of animal protein such as eggs, salmon, sardines, or beef

Mo Tu We Th Fr Sa Su

Pair with a large leafy green salad

Include healthy fats, such as olive oil, butter, cheese, or avocado

Have ½ cup *L. reuteri* yogurt

Take a 15- to 30-minute walk after eating to lower insulin without activating stress

Optional: Drink diluted apple cider vinegar or lemon water before the meal

1:30 p.m. to 5:00 p.m. | Afternoon

Focus on high-intensity interval training (HIIT) or brisk walking

Mo Tu We Th Fr Sa Su

Incorporate strength workouts two to three times per week

Take 1 capsule of **Dr. Berg Natural Vitamin B1+** to support cellular energy production

Optional: For cravings, take ½ scoop of **Electrolyte Powder** or **Magnesium Powder**

5:00 p.m. to 7:00 p.m. | Meal #2

Eat 6 to 8 oz (170 to 225 g) of high-quality protein

Mo Tu We Th Fr Sa Su

Pair with a large salad or non-starchy vegetables

Include healthy fats, such as olive oil, butter, and avocado

Avoid snacking after meals

Take a 15- to 30-minute walk after eating to lower insulin without activating stress

7:00 p.m. to 10:00 p.m. | Evening

Take **Dr. Berg Magnesium Powder** to support healthy cortisol balance

Mo Tu We Th Fr Sa Su

Turn off screens 90 minutes before bed

10:00 p.m. | Sleep and rejuvenation phase

Aim for 7 to 8 hours of restorative sleep

Mo Tu We Th Fr Sa Su

Keep bedroom dark, quiet, and between 64 to 68°F (18 to 20°C)

Use **#BergReboot** to share your wins and stay motivated!

Daily total score:
Out of 21

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Weight Loss Protocol Daily Checklist



Shop your
supplement stack
at drberg.com



Get your recommended supplement stack

Magnesium Glycinate Powder – Promotes balanced stress hormones, crucial for efficient fat burning and sustainable weight management.

Natural Vitamin B1+ – Supports optimal energy production to help sustain steady energy levels without crashes.

Electrolyte Powder – Helps regulate appetite signals and minimizes keto-related side effects.

ADDITIONAL SUPPORT:

Multi Collagen Peptides – Concentrated source of amino acids to support joint tissue maintenance and optimal recovery.

Before undertaking any major change in diet or exercise, please consult your physician. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.