

DISCIPLINE OVER EVERYTHING

THE DC3

Three rules you stop. Three rules you execute.

THE 3 RULES YOU STOP		
01	NO LIQUID CALORIES	Zero sugar drinks
02	NO EATING AFTER 9 PM	Kitchen closed
03	NO BS FOODS	Fast. Fried. Fake.

THE 3 RULES YOU EXECUTE		
04	FAST	9 PM to 9 AM
05	FUEL	1 Fuel Plate + 1 Fuel Shake
06	FLEX	1 meal for taste and family

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

Six rules. Three meals. One photo of every plate. This is how our men lose 30 to 50 pounds, get under 20% body fat and get their bodies back, at home or on the road.

30 to 50 lb	5 to 10 lb	0
The 90 day target	The 5 Day Cleanse target	Calories counted, ever

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 healthy? Adequate fruit, vegetables and lean meat. Limited processed food. Limited juice. Limited alcohol. **Most of us cannot name two.**

WHERE IT STARTED

WE NEVER ATE HEALTHY. WE JUST MOVED.

Corner store chips, juice, pop, candy, honey buns, fried everything. Nobody called it a problem because everybody in the house was eating it. We got away with it because we had practice, conditioning and three hours outside every day.

WHERE IT WENT

WHEN SPORTS LEFT, DISCIPLINE LEFT.

We traded practice for meetings. Movement for sitting. Coaches for calendars. Accountability for convenience. Now we sit ten hours a day and eat the exact same way we did at sixteen. It doesn't run in your family. What runs in the family is bad eating.

WHAT IT COSTS

THE BILL IS ALREADY COMING IN.

High blood pressure. Type 2 diabetes. Cholesterol. Low energy. Trouble in the bedroom. Copays just to stay alive. And a stomach that walks into the room before you do.

WHAT IS REALLY WRONG

IT IS NOT INFORMATION.

You already know what to eat. Nobody needs another meal plan. What you lost was the structure, the standard and the pressure that used to keep you disciplined. The DC3 gives it back, one plate at a time.

YOU DON'T HAVE A WEIGHT PROBLEM. YOU HAVE A DISCIPLINE PROBLEM.

Being successful with a gut is unacceptable. When discipline comes back, the weight comes off.



REAL FOOD

Food that builds you, not food that breaks you.

HOW THE SYSTEM WORKS

3 RULES YOU STOP.
3 RULES YOU EXECUTE.

The first three rules remove what is doing the damage. The second three tell you exactly what to eat instead. **Stop the bleeding, then build the man.** That is the whole diet.

STOP

01 NO LIQUID CALORIES
If you drink it, it must have zero calories. Your Fuel Shake is the exception.

02 NO EATING AFTER 9 PM
The kitchen closes at nine. Every night.

03 NO BS FOODS
Fast food, fried food, fake food. The rule that does the most damage.

EXECUTE

04 FAST
9 PM to 9 AM. Twelve hours. Water, coffee, tea and zero calorie drinks. Burn day: one cup of coffee max, no energy drinks, no pre workout.

05 FUEL
Two Fuel meals a day: 1 Fuel Plate and 1 Fuel Shake.

06 FLEX
One Flex meal a day. Your carbs, your taste buds, your family.

3
MEALS A DAY
Fuel Plate. Fuel Shake. Flex. Three decisions a day instead of thirty.

3
POINTS A DAY
Rules 01, 02 and 03 are checked off in the Discipline Club app every night. Each one is a point on your Discipline Score.

1
PHOTO PER MEAL
Rules 04, 05 and 06 show up in your photo journal. No calories. No logging food. Just the picture.

WEEK ONE STARTS WITH THE DISCIPLINE CLEANSE.

Your first 5 days in Discipline Club, and the first 5 days of every month after that, you run the cleanse. Your Flex meal becomes a third Fuel meal and hard carbs come out. Full details on page 20.



DAY 1 · DO THIS BEFORE YOUR FIRST MEAL

START HERE.

Reading this is not executing it. **Knock out this list in the next 24 hours** and you are locked in before day one even starts.

YOUR DAY 1 CHECKLIST

1. **Open the Discipline Club app.** Find the gold + in the bottom right corner. That 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 20.
4. **Shop once.** Use the cleanse food list on page 21.
5. **Order the DC3 Stack.** Page 14. Your Fuel Shake, Burn, Probiotic and Multivitamin in one order, so day one starts right.
6. **Clean house.** Juice, pop, chips, cookies, honey buns. Out of the house today.

EVERY DAY

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

EVERY WEEK

- Friday: check your Discipline Score
- Saturday: weigh in before food, same scale
- Waist and progress photo
- Complete your Weekly Progress Check In
- Saturday: join the Discipline Huddle live
- Sunday: reset and plan the week

SAFETY FIRST. THEN THE STANDARD.

Take blood pressure medication, 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, heart condition, anxiety or any medication means doctor first. Stop and get help for dizziness, fainting or anything that feels wrong.



STOP RULE · 1 POINT EVERY DAY

01 NO LIQUID CALORIES.

We don't drink our calories. If it is in a glass, a can, a bottle or a cup, the goal is zero calories. **This is the easiest rule in the DC3**, because you do not have to 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, lemon and stevia**
~~Sugar and syrup in coffee~~	›	**Splash of cream, stevia, cinnamon**
~~Gatorade, Powerade~~	›	**Gatorade Zero, Liquid IV Sugar Free**
~~Regular energy drinks~~	›	**Zero sugar Monster, Red Bull, Celsius (never on a Burn day)**
~~Honey, agave, real sugar~~	›	**Stevia, monk fruit**

WHY IT IS EASY

You are not changing what you eat. You are not cooking anything new. You are 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 it never fills you up. That is how a brother drinks 600 calories by lunch and still eats a full meal. When you are drinking sugar, you're drinking type 2 diabetes in a bottle. Organic apple juice included. They lying to you.

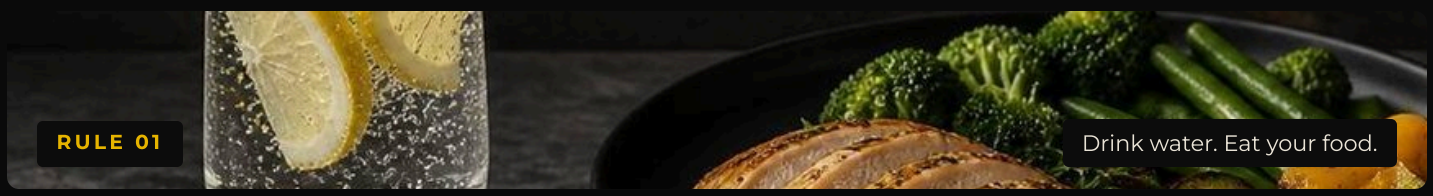
WHAT DOES NOT BREAK RULE 01

- Your Fuel Shake. A protein shake is a meal, not a drink.
- A splash of cream in your coffee.
- Alcohol inside the weekly limit, finished by 9 PM. See page 18.

THE LINE

Read the label. If a serving carries calories from sugar, it does not count as a zero calorie drink. Water stays the default. Diet drinks are allowed. Keep them to two a day.

150 to 500 CALORIES ELIMINATED EVERY DAY · 1 POINT



STOP RULE · 1 POINT EVERY DAY

02 NO EATING AFTER 9 PM.

The kitchen closes at nine. Nothing good happens after 9. Lord knows we are not eating carrots after 9 PM. Nobody is watching the game with a salad. **Late night food is not hunger. It is 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 are not fighting hunger at 10:40 PM. You are following a rule you already set.

IF HUNGER HITS AFTER 9

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

IF IT HAPPENS EVERY NIGHT

Nine times out of ten you did not eat enough at your Fuel meals. Fix the Fuel Plate and the Fuel Shake first, then hold the line. Do not white knuckle a structure problem.

THE 9 PM CLOSE ROUTINE

- The kitchen closes at 9. Aim to finish your Flex 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 in the app before bed.
- Water, tea or zero calorie drinks only until morning.

IF YOU TRAIN AT NIGHT

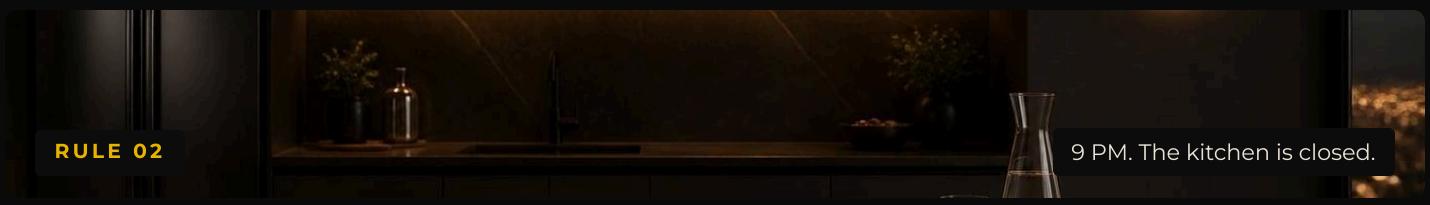
Take your Fuel Shake or Flex meal right after the session and still close by nine. The standard does not move because the schedule did. If the session runs late, the shake is the meal.

Late meeting or a long drive home? Same rule. Drink your Fuel Shake on the way, not a drive thru at 10 PM.

CLOSE THE KITCHEN. CLOSE THE DAY.

This one rule does more for binge eating than any diet you have ever tried, because binges do not 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 DAY · THE MOST IMPORTANT RULE

03 NO BS FOODS.

This is the hardest rule and the one that does the most damage. Chips, candy, cookies, pop, ice cream, honey buns. **We are all addicted to it.** Me included. That is why you will never find it in my house. If it is there, I will 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. Pages 16 and 17 show you how to order the right way.

F2
FRIED FOOD
Fried chicken chains, fries, wings in batter, 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, honey buns, packaged snacks. There is barely any ginger in ginger ale. It is 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 would outlive you on a shelf, it is shortening your life on a plate.

TRIGGER FOODS GET ELIMINATED

Some foods do not get moderated. Two cookies out of the package is a tease. It takes eight before you feel anything, and you know which ones those are for you. Stop buying them. You cannot binge on what is not in the house.

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

That is 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



04 FAST. 9 PM TO 9 AM.

Rule 02 closes the kitchen. Rule 04 keeps it closed until morning. Twelve hours, most of them asleep. **You are not fasting for magic. You are giving your body a full night to burn what you already ate**, and giving yourself a boundary that runs on autopilot.

ALLOWED DURING THE FAST

- Water. Start with a full bottle.
- Black coffee, or coffee with a splash of cream and stevia (one cup max on Burn days, no energy drinks or pre workout).
- Unsweet tea, hot or iced.
- Zero calorie drinks.

NOT ALLOWED

- Breakfast at 6 AM because it is there.
- Pastries, muffins, the break room donuts.
- Juice or sweetened coffee drinks.
- Snacking while you get ready.

BREAKING THE FAST

Your first meal lands at 9 AM or later. Make it a Fuel meal: the Fuel Shake is the fastest way to break the fast on a workday, or a Fuel Plate built on eggs and protein.

WHY IT WORKS FOR US

Most of us eat from the time we wake up until the time we go to sleep. Closing that window cuts the grazing without counting a single calorie. Fewer hours to eat means fewer chances to eat wrong.

IF YOU TRAIN EARLY

Training at 6 AM? This is the one exception: your fast runs shorter that day. Close the kitchen early the night before if you can, drink your Fuel Shake right after the session, then nothing else until your Fuel Plate.

12 HOURS OFF. 12 HOURS ON.

Fast from 9 PM to 9 AM. Eat your Fuel Plate, Fuel Shake and Flex between 9 AM and 9 PM. That window is the frame every other rule sits inside.



RULE 04

Water first. Every morning.

05 FUEL. THE FUEL PLATE.

Every day you eat two Fuel meals: **one Fuel Plate and one Fuel Shake.** The Fuel Plate is 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. Double 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. All fruit counts.

0
HARD CARBS
No rice, bread, pasta, potatoes or tortillas. Save those for Flex.

AT HOME

- Double chicken, broccoli and a side of berries
- Big salad with 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, topped with cheese and avocado

ON THE GO

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

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.



EXECUTE RULE · YOUR SECOND FUEL MEAL

05 FUEL. THE FUEL SHAKE.

Your second Fuel meal is a **50 gram protein shake or smoothie.** It drives your protein up, slows hunger for hours, adds fiber, and takes two minutes on the busiest day of the week. It is a meal, not a drink, so it never breaks rule 01. It can be your breakfast, your lunch, or your post workout shake.

MAKE IT AT HOME

The base build: 2 rounded scoops Discipline Club 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 for the greens you will never taste.

ON THE ROAD BACKUP

- Your Natural Whey in a shaker. Just add water.
- fairlife Core Power Elite (42g)
- Premier Protein (30g)
- fairlife Nutrition Plan (30g)

GET IT ON THE ROAD

- Smoothie King Gladiator (45g, no added sugar). Ask for an extra scoop.
- Any smoothie shop: ask for double protein, no sugar, no juice base
- Gas station: Core Power Elite plus a Quest bar

THE MEAL REPLACEMENT BUILDS

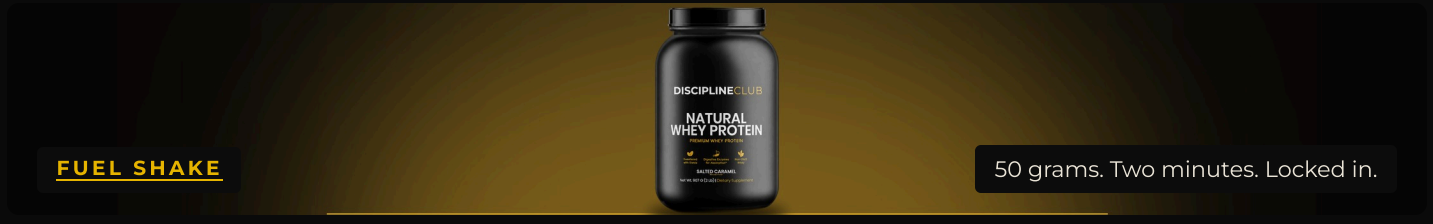
- **Shake + bar:** a 30g shake and a Quest bar (about 50g)
- **Shake + bar + nuts:** same build plus a small handful of almonds when you need more
- **Smoothie:** protein, almond milk, fruit and greens blended
- **Shake + Greek yogurt:** a 30g shake and a cup of plain Greek yogurt

LABEL CHECKS BEFORE YOU BUY

- **Protein:** at least 20g per shake or bar
- **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?** Blend with almond milk and use a plant protein. A dairy free Discipline Club protein is coming soon.

THE POST WORKOUT SHAKE LIVES HERE.

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



EXECUTE RULE · ONE FLEX MEAL EVERY DAY

06 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. It is for your taste buds, for recovery after training, and for sitting down and eating with your family like a normal man. One meal, not all three.

BUILD THE FLEX PLATE

- Two 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 included
- The business dinner
- Always finished before 9 PM

FLEX IS NOT A CHEAT

Flex is structure. It is planned, it is every day, and it has a ceiling. 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 and green beans
- Steak, baked potato and salad
- Baked chicken tacos with lettuce and pico
- Salmon, rice and broccoli

ON THE GO

- Chipotle bowl, double protein, rice, fajita veggies
- CAVA bowl with rice and double chicken
- Hibachi double chicken and rice, sauce on the side
- 6 inch sub, double meat, loaded veggies, fruit
- Sit down: double protein, one starch, one vegetable

YOU CAN HAVE THE BURGER. YOU CANNOT HAVE THREE.

Two planned cheat meals a week can take the place of a Flex meal. One meal, not an entire day. You cheat with discipline. You don't have an affair.



BEFORE YOU OVERTHINK IT

YES, YOU CAN EAT THAT.

The number one reason men cannot follow a diet is that somebody made it rocket science. Measure everything. No sodium. No sauces. Meatless Monday. **That was never your problem.** Let me take all of that off your plate right now.

SAUCES + SEASONING

Ketchup, ranch, hot sauce, marinades, salt, pepper. Your taste buds have to be satisfied or you will not stick with this. Nobody is eating plain chicken for the rest of his life. Use a thumb of sauce, not a pour.

MEAT AND PORK

Chicken, beef, fish, turkey, pork. Unless you cannot digest it, you can eat it. Meat was never the reason you gained the weight.

FRUIT

All of it, bananas included. Nobody got heavy eating bananas. They got heavy eating gummy bears. Fruit is not your problem.

RICE AND BREAD

Brown or white, we are not having that argument. Eat your carb at the Flex meal and move on. If you are type 2, lean toward oats, wheat bread and brown rice.

SODIUM

Most of the sodium doing damage is already inside packaged and drive thru food before it reaches your table. High blood pressure? Follow your doctor on salt.

DIET DRINKS

Diet pop, sugar free lemonade and zero sugar drinks are fine. Keep them to two a day. Water is still the default.

THE HAND IS THE ONLY MEASURING TOOL.

Palm = protein. **Fist** = vegetables. **Cupped hand** = carbs and fruit. **Thumb** = fats, oils, butter and dressing. You already carry everything this system needs.



DAILY APPLICATION

A PERFECT DC3 DAY.

The clock can move. The order and purpose do not. **Plan the day before hunger runs it for you.**

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.** 15 minutes, before work. Hydrate. Burn day? One cup of coffee max, no energy drinks, no pre workout. Train before your Fuel Shake? Drink it right after.
9 AM to 12 PM	**Fuel Shake.** 2 scoops Natural Whey to break the fast. 2 Multivitamin capsules and your first Probiotic with it. Two minutes and you are locked in.
12 to 3 PM	**Fuel Plate.** Double protein, vegetables, fruit, no hard carbs. Use a restaurant Fuel order when the calendar is packed.
5 to 8:30 PM	**Flex.** Protein, one carb, vegetables. Eat with your family. Second Probiotic with it. Snap the photo first. Discipline Walk after dinner, two miles.
9 PM	**Kitchen closed.** Check off rules 01, 02 and 03 in the app. Water, tea or zero calorie drinks until morning.

SNACKS

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

WHAT BREAKS THE DAY

Skipping the Fuel Shake, then arriving at dinner starving. Grazing between meals. Drinking your calories at lunch and calling it hydration.

WATER

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



DC FUEL · THE OFFICIAL DISCIPLINE CLUB SUPPLEMENT LINE

THE DC3 STACK.



The DC3 tells you what to eat. **The DC3 Stack gives your body the support it needs while the weight comes off.** Four supplements, chosen for this exact system, in one order. This is how we do it in Discipline Club.

WHEY	BURN	PROBIOTIC	MULTI
Your Fuel Shake	Your fat loss edge	Your gut reset	Your foundation

THE FOOD IS THE SYSTEM. THE STACK IS THE EDGE.

The brothers who move fastest run the DC3 with the stack. Same food rules. Same 9 PM close. More protein, less bloat, more energy, faster fat loss. Don't guess with random supplements from the store. Run ours.

ORDER THE DC3 STACK ›

One order at **disciplineclubstore.com**. **$149** for all four, shipped together.

FOUR PRODUCTS. ONE STANDARD.



RULE 05 · YOUR FUEL SHAKE

NATURAL WHEY PROTEIN

The shake that replaces the drive thru breakfast. Your second Fuel meal every single day. 24g of protein per scoop, sweetened with stevia, 0g added sugar, digestive enzymes built in so it sits right. Two scoops is 48g. It kills hunger for hours and protects the muscle while the fat comes off. **How to run it:** 2 scoops with almond milk or water, at breakfast or right after DC15.



FAT LOSS EDGE

BURN

Built for the man who used to hit the drive thru at 3 PM. Green tea extract and caffeine for clean morning energy, L-carnitine, yohimbe, and glucomannan, a fiber that helps you feel full. You hold rule 03 easier when the craving is quieter. **How to run it:** 1 capsule in the morning, never past 4 PM. 8 weeks on, 2 off. Burn days: one cup of coffee max, no energy drinks, no pre workout. Any condition or medication? Doctor first.



GUT RESET

PROBIOTIC 40 BILLION

Decades of fried food, sugar and processed food wrecked your gut. That is the bloat, the sluggish digestion and the cravings. 40 billion CFU with Bi-Pass delivery so it actually reaches your gut. Pairs with the Discipline Cleanse. **How to run it:** 2 capsules a day, one in the daytime and one in the evening.



YOUR FOUNDATION

MEN'S SUPERVITAMIN

Built for men. Vitamins, minerals and antioxidants plus immune and male support with saw palmetto and lycopene. Covers the gaps on travel days and drive thru days so you never run on empty. **How to run it:** 2 capsules in the morning with your first meal.

ORDER THE DC3 STACK ›

Supplements support the DC3. They never replace the six rules. Add ons: Digestive Enzymes, BCAA, Turmeric + Ginger.

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.

EAT FAST FOOD THE RIGHT WAY.

You are going to eat out. You are going to travel. Meal prep does not survive a real calendar, so this system never depended on it. **Order like a disciplined man:** double grilled protein, double vegetables, sauce on the side, zero calorie drink. Then stop negotiating.

RESTAURANT	FUEL ORDER	FLEX ORDER
CHIPOTLE	Salad, double chicken or steak, fajita veggies, salsa, lettuce, a little guac	Bowl, double protein, rice, beans, fajita veggies, salsa. The gold standard.
QDOBA / MOE'S	Salad bowl, double grilled protein, fajita veggies, pico, lettuce	Bowl with rice, double grilled protein, veggies. No queso, no chips.
CAVA	Greens only bowl, double chicken, cucumber, tomato, dressing on the side	Bowl with rice, double chicken, vegetables, light tzatziki
SWEETGREEN / CHOPT	Greens, double grilled protein, vegetables, dressing on the side	Warm bowl with rice or potatoes and double protein
SUBWAY	Protein bowl, double turkey or chicken, all veggies, mustard	6 inch on wheat, double meat, loaded veggies, apple slices
JERSEY MIKE'S	Sub in a Tub, double turkey or chicken, veggies, light oil and vinegar	Mini sub, double meat, loaded veggies. No chips.
JIMMY JOHN'S	Unwich with double turkey, roast beef or chicken, extra veggies	Little John, double meat, veggies, mustard
CHICK-FIL-A	Double grilled nuggets plus side salad, or Cobb salad with double grilled chicken	Sandwich: double grilled chicken, fruit cup. No fries.
PANERA	Salad with double grilled chicken, dressing on the side, no croutons or bread	Half turkey sandwich with double meat plus salad
PANDA EXPRESS	Double grilled teriyaki chicken, sauce on the side, Super Greens	Double grilled teriyaki chicken, half brown rice, half Super Greens
SMOOTHIE KING	Gladiator: 45g protein, no added sugar. Add an extra protein scoop to hit 50. Counts as your Fuel Shake.	



The menu is not in charge.

DRIVE THRU, SIT DOWN AND THE AIRPORT.

Burger chains are emergency stops, not the plan. **Get the Fuel build and keep moving. Your Flex is too valuable to spend at a drive thru.**

WHERE YOU ARE	FUEL ORDER	FLEX ORDER
WENDY'S	Bunless double with lettuce, tomato, onion, mustard plus a side salad	No Flex here. Use the Fuel build.
MCDONALD'S / BK	Double burger patties, no bun. Breakfast: double eggs and sausage, no biscuit or hash browns.	No Flex here. Use the Fuel build.
FIVE GUYS	Double burger in a lettuce wrap with grilled onions, peppers, mushrooms, mustard	No Flex here. Use the Fuel build.
WINGS SPOTS	Double traditional unbreaded wings, dry rub, celery and carrots	Same order. No boneless, no fries, no sweet glaze.
STEAKHOUSE	Double grilled steak, chicken, salmon or shrimp, salad, double veggies	Same double protein plus a plain baked or sweet potato. No bread basket.
BREAKFAST SPOTS	Double protein: veggie omelet or eggs with lean breakfast meat and fruit	Add one: toast, grits or oatmeal. No pancakes, no syrup, no juice.
CRACKER BARREL	Double grilled chicken, trout or steak with broccoli, green beans or salad	Same double protein plus one starch. No biscuits, cornbread or sweet tea.
STARBUCKS	Double egg bites plus coffee with cream and stevia (one cup max on Burn days)	Protein box, double protein. No pastry, syrup or sweet cold foam.
GROCERY DELI	Double protein: rotisserie chicken, boiled eggs, salad, veggie tray, Greek yogurt	Rotisserie chicken, double protein, plus a sushi roll or a sandwich
GAS STATION	Double food protein: boiled eggs, tuna pouch, jerky, cheese stick, nuts, fruit, Core Power Elite	Skip it. Eat the right meal next.
AIRPORT / HOTEL	Double eggs with fruit, salad with double grilled protein, bunless burger with double meat, or shake and bar	Double grilled protein, one starch, one vegetable

BEFORE THE TRIP

Decide before you leave. Find the restaurants 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? Double protein plus vegetables plus controlled fat. If they cannot give you that, drink water, use your shake or bar, and eat right at the next meal.



THE PRINCIPLE UNDER ALL SIX DC3 RULES

CONTROL IT. THEN BOUNCE BACK.

The DC3 is not against alcohol and it is not against dessert. **The DC3 is against losing control.** Overeating and overdrinking put the weight on. Not one burger. Not one drink.

ALCOHOL

Five standard drinks a week, maximum, and one or two at most in a sitting. Never a binge. 5 oz of wine, 12 oz of regular beer, or 1.5 oz of liquor. Tequila, vodka or gin with soda water and lime. Whiskey neat. Dry wine. Finished by 9 PM. Inside the five, it does not cost you the rule 01 point.

CHEAT MEALS

Two a week, maximum, planned, in place of a Flex meal. A planned cheat does not cost the rule 03 point. One meal, not an entire day. Choose food you actually love: a burger, real pizza, tacos, BBQ, soul food. You cheat with discipline. You don't have an affair.

SWEET TOOTH

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

THE BOUNCE BACK · IT IS GOING TO HAPPEN

1 · Own it. Name it honestly. No excuses, no shame.

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

3 · Next meal. Eat your next Fuel meal. Do not skip the day and do not wait for Monday.

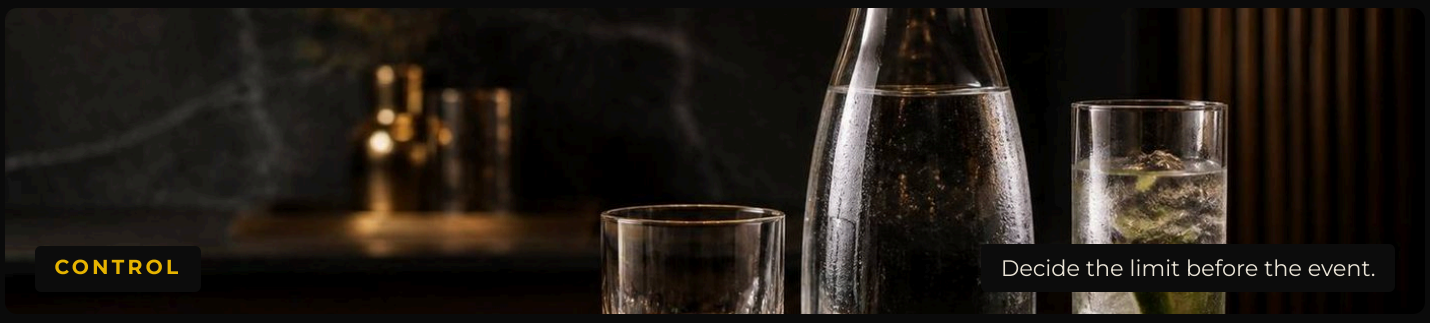
4 · Close at 9. Restoring the boundary ends the slide.

5 · Move. DC15 and your walk. Exercise is not punishment.

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

A DISCIPLINED MAN CAN SAY NO WHEN HE WANTS TO SAY YES.

One off plan meal is a moment. The damage comes from turning it into a weekend, then a month, then a new identity. If you are bouncing back every week, your standard is the problem. That is a conversation for your coach.



NO GRAY AREA · QUICK ANSWERS

DOES THIS BREAK THE RULE?

Not sure if something costs you one of your 3 points tonight? **Find it here.** Not on the list? Ask yourself: would your coach call it disciplined?

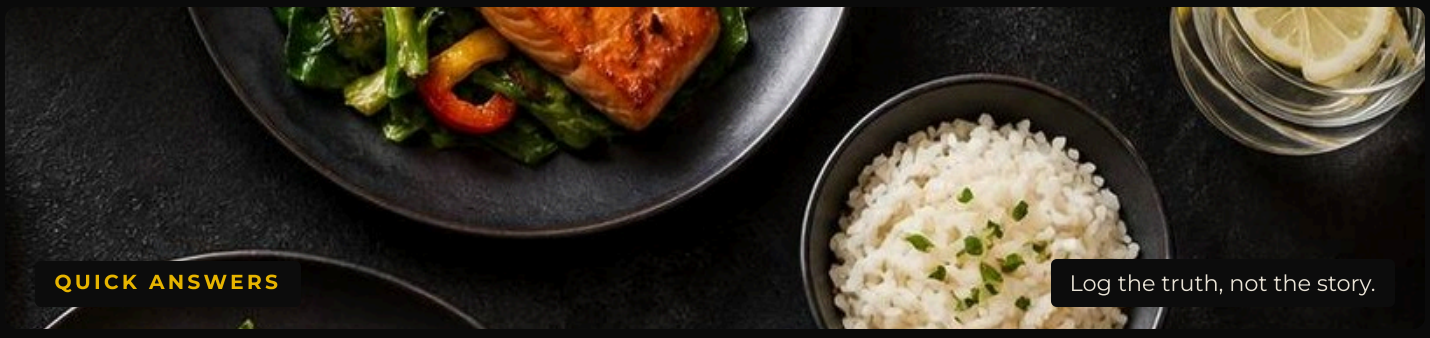
SITUATION	ANSWER	WHY
PLANNED CHEAT MEAL	**Keeps the point**	Two a week, planned, in place of Flex. Unplanned BS costs rule 03.
DC3 DRIVE THRU ORDER	**Keeps the point**	Ordered from pages 16 and 17, it is a Fuel or Flex meal, not BS.
DRINK WITH DINNER	**Keeps the point**	Inside five a week and finished by 9 PM. Past that, it costs rule 01.
SPLASH OF CREAM IN COFFEE	**Keeps the point**	A splash. Not a latte with syrup.
JUICE, SWEET TEA, REGULAR 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.
DINNER EVENT RUNS LATE	**Costs rule 02**	Eat before you go or order first. Own it, then close tomorrow.
PROTEIN BAR, QUEST, DIET POP	**Keeps the point**	Approved tools, not BS. Diet drinks: two a day.
CHIPS AT THE COOKOUT	**Costs rule 03**	Fake food is fake food, even at a family function.

SUNDAY DINNER AND COOKOUTS

Same as any other day. It is your Flex meal. Protein first, one plate, one carb, then stop. Done by 9. You can love the family without eating the whole table.

SCALE STUCK 2 WEEKS?

Run the Discipline Cleanse again. Five days, page 20, 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 5 DAY CLEANSE.

Every brother starts Discipline Club with this. Five days, low carb, zero negotiation. It flushes excess water, breaks the grip of processed food and sugar cravings, and gives you **a clean first win: proof you can control the next meal.** Then you run it again the first five days of every month to reset.

WHAT CHANGES DURING THE CLEANSE

Rules 01 to 05 stay in force. **The only change: your Flex meal becomes a third Fuel meal.** No hard carbs for five days. No bread, rice, pasta, potatoes, beans, cereal, oats, grains, chips, tortillas, pastries or sweets.

THE 5 DAY TARGET

Expect 5 to 10 pounds off the scale. That 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.

BUILD EVERY PLATE

- 2 palms of lean protein, or your Fuel Shake
- 2 fists of vegetables or a big salad
- Whole fruit daily, any kind
- 1 thumb of controlled fat

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
- Protein every meal
- Vegetables at least 2x
- Photo every plate, 3 rules checked
- Probiotic: one daytime, one evening

DAY 6: BACK TO THE FULL DC3.

Bring your Flex meal back deliberately: rice, potatoes, oats, beans or whole grains, one meal a day. The temporary restriction ends. The discipline stays.



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
- Salmon, tuna, shrimp, crab
- Eggs and egg whites
- Plain Greek yogurt
- Cottage cheese

VEGETABLES

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

FATS

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

FLAVOR

- Mustard, hot sauce
- Sugar free honey mustard
- Low calorie sauces
- Light salad dressing
- Seasonings
- Lemon or lime, squeezed
- Any whole fruit

DRINKS ALLOWED

Water toward a gallon. Sparkling water. Unsweet tea, lemon, stevia. Diet drinks: two a day. Coffee with a splash of cream. Burn day: one cup of coffee max, no energy drinks, no pre workout.

EMERGENCY SNACKS

Nuts, any fruit, boiled eggs, plain Greek yogurt, turkey and cheese roll ups, pickles, seasoned cucumbers, string cheese, sugar free Jell-O, a Quest bar or your Fuel Shake.

EATING OUT ON THE CLEANSE

Use the Fuel order on pages 16 and 17 for every meal. Double grilled protein, double vegetables, sauce on the side, no hard carbs, zero calorie drink.

Traveling? Pack your shakes, bars and nuts.

SAFETY OVERRIDES THE CHECKMARK.

Check with your doctor first if you have diabetes, kidney or heart disease, take glucose or blood pressure medication, or have another condition affected by diet. Stop immediately for severe weakness, confusion, fainting, persistent vomiting or dehydration.



FROM THE DISCIPLINE CLUB RECIPE BOOK

RECIPES THAT FOLLOW THE RULES.

You do not need a chef. You need a few meals you can count on. **Start with these, then pull more from the full Recipe Book.**

FUEL PLATE · CLEANSE APPROVED

PHILLY CHEESESTEAK STUFFED PEPPERS

Bell pepper halves baked 20 min at 325°F. Sauté onion and mushrooms, sear 1.5 lb thin sliced sirloin. Layer provolone, steak, provolone. Broil 3 to 5 min.

FUEL PLATE · CLEANSE APPROVED

PEPPERONI PIZZA CHICKEN BAKE

Pound chicken breasts thin, season with oregano and garlic, brown 1 to 2 min a side. Top with no sugar pizza sauce, mozzarella and turkey pepperoni. Bake 15 to 18 min at 400°F.

FUEL PLATE · CLEANSE APPROVED

FIESTA CHICKEN SALAD

Mash 1 avocado with lime, cumin, smoked paprika and cayenne. Fold in 4 cups shredded chicken, red pepper, cilantro and scallions. Serve over greens.

FLEX MEAL

RANCH PORK CHOPS AND POTATOES

Pork chops, halved baby potatoes, green beans and cherry tomatoes on one sheet pan. Olive oil, ranch seasoning, smoked paprika. Roast 20 to 22 min at 400°F.

FLEX MEAL

BAKED CHICKEN TACOS

Rotisserie chicken tossed in lime, taco seasoning, cumin and garlic. Fill shells, top with cheese, bake 10 min at 400°F. Finish with lettuce and pico.

FLEX MEAL

STEAK AND POTATO NIGHT

Seared steak, a plain baked or sweet potato, and a big salad. A thumb of butter or sour cream. Done by 9.

Swap in salmon, chicken thighs or pork tenderloin any night of the week.

FUEL SHAKES · EVERY ONE BUILT TO 50 GRAMS OF PROTEIN

PB&J. 2 scoops Natural Whey, 1 cup frozen strawberries, ½ banana, 1 tbsp peanut butter, 1 cup unsweetened almond milk.

Banana Almond Flax. 2 scoops Natural Whey, 1 frozen banana, ⅓ cup plain Greek yogurt, 1 tbsp almond butter, 1 tbsp ground flax, 1 cup almond milk, ice.

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



EXECUTE. LOG. REVIEW. CORRECT.

TRACK IT IN THE APP.

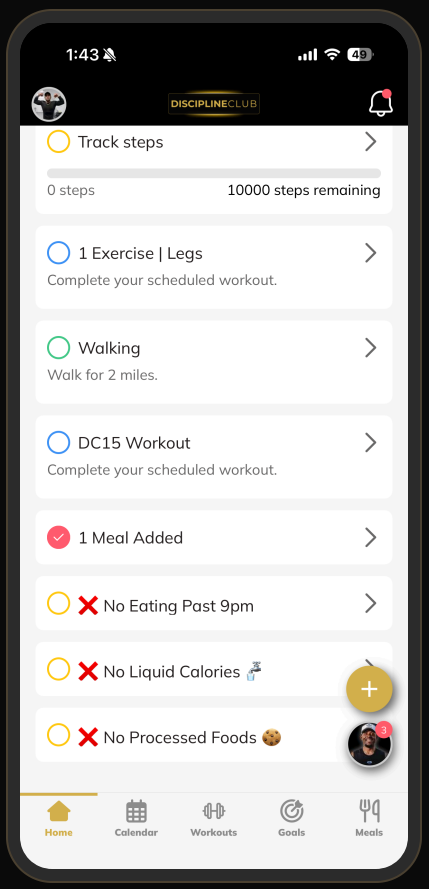
The DC3 is not a diet you follow on your own. It lives inside the Discipline Club app. **No calories. No macros. No typing in food.** Three checkboxes and a photo journal. That is it.

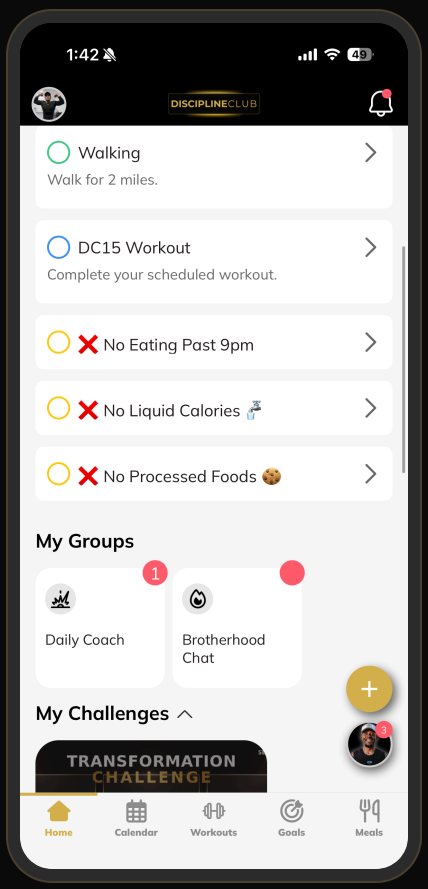
EVERY MEAL · THE PHOTO JOURNAL

1. **Tap the gold +** in the bottom right corner of the home screen.
2. **Tap Meal.**
3. **Take a picture** of your plate or shake before you eat.
4. **Tap Review, then log it.** Do not add calories. Do not enter the food. The picture is the log.

EVERY NIGHT · 3 POINTS · AS LABELED IN THE APP (ORDER MAY DIFFER)

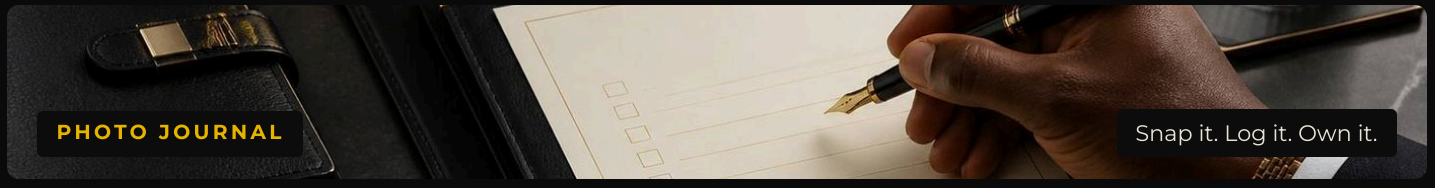
- **No Liquid Calories** · rule 01
- **No Eating Past 9pm** · rule 02
- **No Processed Foods** · rule 03





WHY A PHOTO JOURNAL?

Your subconscious has been picking your food your whole life. A picture forces a conscious decision before every bite. It is proof you followed the rules, and it gives your coach the truth, not the story.



WHY THE DC3 WORKS

RUN THE NUMBERS.

Movement is output. Food is input. The Discipline Six, DC15, the Discipline Walk, 10,000 steps plus DC3 rules 01 to 03, attacks the same problem from both sides, every single day, **without a single calorie counted.**

MOVEMENT · OUTPUT

- DC15 Workout · 200 to 450
- Discipline Walk · 180 to 300
- 10,000 Steps · 400 to 650

780 to 1,400 CALORIES BURNED PER DAY

NUTRITION · INPUT

- 01 No Liquid Calories · 150 to 500
- 02 No Eating After 9 PM · 200 to 600
- 03 No BS Foods · 300 to 1,000+

650 to 2,100 CALORIES CUT PER DAY

1,430 to 3,500

CALORIES IMPACTED EVERY SINGLE DAY

No calorie counting. No meal prep. No food weighing. No extreme diets. Figures are approximate and vary with your body weight, your starting point and how hard you work.

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

Men who control what they eat. Men who control what they drink. Men who stop hiding behind titles and money and finally walk in a body that matches their success. Weight loss is the proof. Discipline is the product. I build disciplined men. Lock in, brother. Build the score every week and get your shirt. Order at **disciplineclubstore.com**.

COACH RONNIE D.O.E.

