

THE AMMAN BOARDROOM EDGE PROTOCOL

# How Amman's 9- to-6 Executives Are Killing Their 2 PM Brain Fog

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The exact "Energy Audit" protocol Amman high performers use to kill that afternoon crash and start dropping brain fog in just 24 hours — even with back-to-back meetings.

FREE PROTOCOL — READ IN 4 MINUTES

## THE PROTOCOL

# Most gym advice fails Amman executives because it requires 2 hours of 'empty' time.

My protocol works because it uses '**Existing Time**' (calls). It is biologically impossible for your energy to crash if you follow the Nutrition Pivot below.

**Fix the lunch (biggest lever)** — Meals heavy in refined carbs and low in protein/fiber cause a rapid blood sugar rise, then insulin clears the glucose too fast — leaving the brain "under fuelled", foggy, and craving sugar.

## THE ONE THING THAT MADE THE BIGGEST IMPACT

## It's not what you eat. It's the order you eat it.

Most high-performers I know are looking for a "magic pill" to kill the 2 PM crash. I found something better. And it costs \$0. Most guys start with their carbs. This makes your insulin skyrocket, then tank. That's why you feel "fluffy" and fogged out by mid-afternoon.

**1 Protein First****2 Carbs Second**

This one simple swap keeps your blood sugar stable. You'll stay as sharp for your 8 PM board call as you were at 9 AM.

**Zero extra time · Zero extra cost · 100% mental edge**

## THE HIDDEN BENEFIT: TOTAL COGNITIVE ENDURANCE

**→ Delete the "Lunch Crash"**

You stop the metabolic spike that forces your brain to slow down right when your day gets hardest.

**→ 9 AM Clarity at 4 PM**

While your competitors are reaching for their third coffee to survive the meeting, you still have the same mental sharpness you had at breakfast.

**→ Command the Boardroom**

You completely eliminate the brain fog that stops you from being the sharpest person in the room during important meetings.

## REALITY CHECK

The "Protein-First" hack you just read will kill your afternoon crash tomorrow. It's a powerful tactic. But let's be honest: **A tactic won't cut it for the long haul.**

You've fixed the energy leak, but you're still carrying the "Dad Fluff" that kills your confidence when you button your suit jacket.

You have your brain back, but you still don't have a systematized architecture to reclaim your 20s physique while managing 9-to-6 board calls and family time.

## The Amman Boardroom Sharpness Protocol

A 12-week high-status transition — currently being documented with Case Study #1: a 35-year-old Amman executive trapped in the same "9-to-6" loop you are.

- **Maximize Your Boardroom Edge** — Maintain 9 AM mental clarity until your final 8 PM work call.
- **Erase the "Fluff"** — Achieve a tailored-suit fit without daily 2-hour gym sessions.
- **The 3x/Week Minimum Effective Dose** — High-ROI training that gets you in, out, and back to your family in no time.

## THE "FIRST FIVE" OPPORTUNITY

I am looking for my final **5 case studies** to secure video testimonials for this Protocol — providing the full 12-week transformation for **free** in exchange for documented results. **As of this morning, only 3 spots remain.**

## WHAT TO EXPECT NEXT — CHECK YOUR INBOX

- **Tomorrow at 9:00 AM:** I'm sending you the exact 'Walking-Call Window' schedule we built to help Sherif burn fat while he's on international board calls.
- **On Monday:** I'm sending you the '90-Minute Caffeine Gap' — the specific timing protocol I found that top executives all around the world use to avoid the mid-day crash without giving up their morning espresso.