



Eat more to weigh less:

Foods that cause you to lose weight!

Eat more to Weigh Less:

- Diet: The overall dietary changes are simple. Eat mostly or all whole food plant based foods: Fruits, Vegetables, Whole grains, Legumes (beans, peas, lentils).
- What these simple steps do is cut way down on fat, reduce protein content moderately, and give us the metabolic boost of carbohydrates, plus lots of fiber.
- Unless you are really stuffing yourself, you can enjoy unlimited quantities of foods. If you really are overeating, you will need to address the psychological factors that prevent you from treating your body better.
- All you can change is what you are doing today. And tomorrow, you can make the same decision again, if you like. But you do not need to plan what you are going to eat twenty years from now.
- To get the results you want, do not water down these guidelines. Adding occasional servings of chicken or French fries will erode your progress. Give yourself the best.
- Walk for a half-hour per day or an hour three times per week.

20 Foods you can eat in virtually unlimited portions:

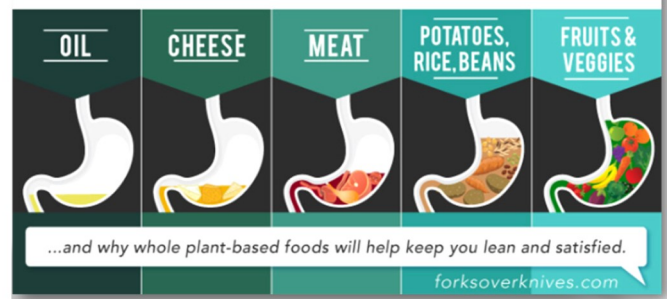
- Listed below are twenty foods that you should feel free to eat in very generous portions. Unless you are really stuffing yourself, you can eat as much of these as you want. In fact, there are many more than twenty, as you have learned. One caveat: Enjoy these foods with no butter, margarine, or oily toppings – fats are fattening.
- | | |
|---------------------------|---------------|
| • Corn | • Celery |
| • Rice | • Peas |
| • Potatoes | • Cauliflower |
| • Lettuce (all varieties) | • Pineapple |
| • Broccoli | • Cabbage |
| • Carrots | • Oranges |
| • Black Beans | • Apples |
| • Kidney Beans | • Grapefruit |
| • Spinach | • Bananas |
| • Lentils | • Oatmeal |

Cutting out Fats and Oils

- Now for the most important part of the food prescription.
 - Cut out the fats and oils
 - Fats and oils are packed with calories
 - Fat in foods is fat on you

Eat more... weigh less

CALORIE DENSITY WHAT 500 CALORIES LOOK LIKE



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

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The Power Plate

