**WEIGHT LOSS GUIDE**

**FOOD TO EAT**
- Every day eat:
  - Lean Meats
  - Vegetables - with every meal if you can - raw or cooked
  - Fruit - just 1 per day due to high sugar amounts
  - Optional: Eggs - free-range high Omega-3 eggs are preferable
  - In moderation:
    - Sweet potatoes, yams, or red potatoes
    - Healthy Oils - olive oil, sesame, and coconut oil
    - Nuts and Seeds - eat very small servings

**FOOD TO AVOID**
- Grains - anything made of or including flour - pasta, bread, cereal, crackers, pancakes, pizza crust, etc.
- Sugar
- Soda

If you feel full/bloating, tired after a meal, or your nose runs after you begin eating, you've either eaten too much, or you've eaten something that disagrees with your body, or both. Stop eating those things or eat less of these things at each meal.

**WATER**
- Drink water throughout the day! If you don't like to drink plain water, add a little lemon juice to it. The more you drink the more natural drinking water will become. A basic recommendation is divide your weight in pounds in half and drink that many ounces of water per day. A great way to track that is to have a jug that you can drink from all day that holds as many ounces as you need to drink.

**PLAN**
- In order to succeed, you'll need to plan.
  - Write out at least two weeks of menus - Start with basics!
  - Keep it simple!
  - Schedule grocery shopping - with a list - don't wing it!
  - Schedule one or two times a week to do meal preparation

If you can, do similar things every day for each meal, for instance, 2 eggs every morning with sautéed veggies, a salad for lunch with different dressings and ingredients, and meat and veggies for dinner.

**SLEEP**
- Sleep is VITAL to losing weight and maintaining a healthy weight. A good rule of thumb is to get 6-9 hours of sleep per night and naps count toward your amount of sleep, so nap away!

To aid in getting good sleep, turn off the TV early, dim your lights an hour before bedtime, keep your bedroom free of busy work and create a nighttime routine before bed. Your brain and body will actually know that sleep is coming and they'll begin to relax and release calming hormones.

**DIETARY CHANGE INDICATORS**
- Don't judge your progress by your weight alone! You're making progress if:
  - Your clothes are looser
  - You don't get tired after a meal
  - You don't feel too full after a meal
  - You have fewer sugar cravings
  - You have more stamina physically and mentally
  - You're generally in a better mood
  - Your brain works better

**EXERCISE**
- If you're not used to exercising, start out SMALL! Even five minutes of walking makes a difference and can expand to a longer workout over time. Walking is a great start - if you can, walk 15 minutes on a break during work two times a day. Or make it a point to park at the end of the parking lot of every store you visit. Or take the stairs instead of the elevator. Start small and develop great habits!

**ACCOUNTABILITY PARTNER**
- Anything is easier with an accountability partner or two or three! A weekly set of goals, based on your actions, not on outcome, can keep you on track. Write down weekly goals with your partner and review them once a week.

**KEEP IT SIMPLE!**
- Create a menu that's really easy to follow! If you're eating salads for lunch every day, it's a great idea to cut up your veggies over the weekend so that you can combine your lettuce, veggies, meat, and goodies (Craisins, raisins, small amounts of nuts, seeds, or Bleu Cheese). If you don't have a lot of time for cooking, make two or three Crockpot meals each week and use leftovers for lunches. AllRecipes.com is a great resource for recipes!
Pro3xG is a great start for anyone to use while working on getting healthier! But there are more! A great basic is the Essential Nutrition Pack, with 30 packets. Each packet contains: one multi vitamin, two concentrated EPA/DHA omega-3 fish oil softgels, two vitamin D3 softgels, and two magnesium capsules. The Essential Nutrition Pack is a 1-month supply of supplements which provide a solid nutritional foundation.

Pure-Tein Whey Protein Powder is an excellent meal replacement that contains 18 grams of protein per serving and only 2 grams of carbohydrates per serving. It provides support for muscle development and comes in vanilla or chocolate flavor.

Don’t forget about your digestion! A digestive aid like Probiotic Complete and either Digestive Complete or Multi Enzyme can help support the digestive tract which will help you decrease inflammation and a big belly!

SUPPLEMENTS TO USE

CRAVINGS & EATING HABITS
When we get too hungry, forget about it, we HAVE to eat! And at these times, we crave cheap and fast energy - soda, doughnuts, candy, etc. Learn to eat enough during the day so that you don’t get to that point. When you’re overly hungry, the brain will go into emergency mode and will try to preserve your resources and will not let you loose weight.

DOWN TIME
Down time is different than sleep. Down time is your “time off” during the day, taking a bath, reading a book, listening to music, etc. Any activity that is mentally taxing is not real rest. So sorry, video game players and Spider Solitaire enthusiasts! Do something that allows the brain to relax!

EAT AT EVERY MEAL
Don’t skip meals! Have healthy, easy meals and snacks available. Also, your body’s need for food will ebb and flow, so eat less when you want less and eat more when you need to. Just stick to great foods when you eat more!

GOALS
Eating plans shouldn’t be centered around weight loss alone. Good eating habits should be something that we can maintain for life. Set goals around a healthy lifestyle including good mental health. Write your goals down and refer to them at least once a month. This is a powerful habit. Our goals guide little decisions that add up to big progress in the long-run.

PREPARE YOUR KITCHEN
Have the containers and other supplies needed for your diet. It’s ideal to have enough containers, bagsgies, and freezer space to enable you to make meals in advance and keep them in the freezer or the refrigerator. Also, if you’re tempted by food in the pantry that is not on your meal plan, give it away and get it out of your space!