

Easy Eating Plan By Joe Carabase

By the end of this short article you're going to have a simplistic plan of attack for healthy eating that you can literally apply right away!

Do you ever feel confused by all the health nutrition out there?

Its okay...I'm a "fitness expert" and I get confused from time to time. The problem is there is too much info, most of which is designed to market to you NOT help you.

What I'm about to share is NOT a diet. In fact I'll go on record to say I think all diets go about it all wrong. Sure any diet can help you see results in the short term but the problem with diets is they're too restrictive that they're not sustainable which is why you are more likely to gain weight through dieting.

I'd stay far away from any diet that is longer than 90 days and any diet is worthless unless there's a plan in place for you after that diet.

3 simple rules that if you apply right away you'll see and feel results fast.

Rule 1. Eat Less processed foods – stuff that comes in a package (even bars) and fast food.

Rule 2: Drink more water – aim for at least .55 x your bodyweight in ozs of water per day. This might be an adjustment at first, that's okay just focus on drinking more each day. If you're having trouble with the taste, add lemon, cilantro, mint or cucumber to enhance the taste.

Rule 3: Eat more greens – aim for one serving at every feeding. Mask it with coconut oil or extra virgin olive oil for great taste + good fat calories.

Are there more things you could do?

Of course. But you have enough to worry about. Follow these rules for 7 days and you will feel GREAT. From there, you'll have momentum to add another layer.

As Tony Robbins says; *Complexity is the enemy of execution.*

Start here – start now.

You will be happy you did.

Joe Carabase