

# THE FOOLPROOF DIET



LOSE WEIGHT AND KEEP IT OFF, STARTING NOW

# **The Foolproof Diet Cheat Sheet**

Making lifestyle changes can be incredibly difficult, and so can reading about them! Luckily, there are some basics that make this challenge seem simpler than one might think. By breaking down the Foolproof Diet book into manageable pieces, you will be able to see for yourself just how easy it is to begin to make a lasting impact on your diet, body, mind, and spirit!

## **Tracking Your Current Diet**

- Utilize a notebook or a journal to begin tracking your current diet
- Always record what you have consumed right after consumption
- Be honest with yourself and forgiving when you feel you could make healthier choices

## **Starting a Food Journal**

- Keep track of recipes you would like to try here
- Writing about how you feel when you eat helps you to track eating habits, like stress eating, bored eating, etc.
- Helps you to develop a mind-body connection to your food

## **Getting Rid of Problem Foods**

- Stop buying things because they are fast and convenient
- Get rid of foods that do not nourish you by giving them away to friends or other family members, donating them to food drives, or simply throwing them away
- Ease yourself into the idea of eating better and letting go of bad foods
- Eliminate processed foods, sugary foods, foods high in fat and sodium, etc.

## **Slow and Steady Wins the Race**

- Don't overload yourself with too many new changes at once
- Slowly implement new changes over the course of time
- Mentally prepare yourself for the change and don't beat yourself up over setbacks

## **Combining Exercise for Best Results**

- Building muscle helps the body to burn and eliminate fat and utilize it as energy
- Strength training burns fat for hours even after finishing the workout
- A healthy routine will help keep the body happy and healthy for years to come

## **Creating a Calorie Deficit for Weight Loss**

- Cut around 500 calories or less from your diet to begin to see weight loss results
- Use calorie deficit calculators to learn the ins and outs of creating calorie deficits
- Consult a nutritionist before making drastic changes to your diet

## **Introducing Fruits and Vegetables for Weight Loss**

- Fruits and vegetables have high water content and high fiber content
- Fiber helps to bind toxins and eliminate them, making weight loss easier
- The high water content helps to make vegetables and fruits filling without being high in calories

## **The Importance of Drinking Water for Weight Loss**

- Hunger and thirst are interpreted by the body in the same ways
- Drinking water is an appetite suppressant
- Eating because you think you are hungry when you are thirsty can cause weight gain
- Water boosts the metabolism and helps the body to burn fat

## **Lean Meats and Healthy Protein Sources**

- Lean meats will help you to lose weight and stay healthy
- Fish, eggs, and white meats, along with soy, nuts, and seeds are healthy lean protein sources
- It is also important to eat healthy fats, also found in fish, nuts and seeds, and avocados

## **Planning Meals and Other Tips and Tricks**

- Juicing can be done in a healthy way but should only be 1 part fruit to 2 parts vegetable, and maintain pulp fibers in the juice
- Adding fruits and vegetables into water can be a good way to make sure you drink enough
- Planning meals can be done to help meal prep and healthy eating easier