

THE FOOLPROOF DIET



LOSE WEIGHT AND KEEP IT OFF, STARTING NOW

Foolproof Diet Resource Sheet

Trying to make a lifestyle change can be incredibly difficult, which is probably why most people end up feeling stuck. However, in applying the wisdom of the foolproof diet to your life can be easier than you would think. Utilizing the guidelines in the Foolproof Diet book and combining them with the following resources will surely have you well on your way toward sculpting the life that you deserve!

Books

500 Paleo Diet Recipes: Ultimate Paleo Diet Cookbook with Healthy & Easy Recipes Paperback by Jennifer Evans

This comprehensive cookbook is full of interesting and informative ways you can cook whole, clean foods for a great beginning to meal planning in a way that will leave your body feeling great, satiated, and nourished!

Losing Weight Is a Healing Journey Paperback by Katrina Love Senn

In this book, author Katrina Love Senn talks about how losing weight can be an emotional and psychological journey rather than simply a physical one. If you are willing to examine yourself honestly and truthfully and see the steps you can take to embark upon a healing journey for yourself, you may be surprised by how much more quickly you begin to see results!

Resources

CalorieDeficitCalculator

<https://www.fitwatch.com/calculator/calorie-deficit>

This calorie deficit calculator will help you to learn just how much you should be eating in order to begin seeing weight loss results. Make sure you are filling up on healthy foods like fruits and vegetables rather than foregoing eating altogether. That will just slow your metabolism down and put you into starvation mode, where you retain weight and fat like nothing else! Use this calculator to learn the healthiest deficit for your needs!

Meal Planner with Shopping List

https://www.amazon.com/Meal-Planner-Journal-Calendar-Planning/dp/1974561798/ref=sr_1_2_sspa?s=books&ie=UTF8&qid=1520331059&sr=1-2-spons&keywords=meal+planning&psc=1

This meal planner is sleek, stylish, and fun! It helps you to begin embarking upon the intimidating world of meal planning in an easy way that provides you with the resources you need to succeed!

Yumly

<https://www.yummly.com/>

Yumly is an incredible resource that you can use either online or on your phone or other mobile device. This can be downloaded as an application, where you can scroll through pages and pages of healthy foods and recipe options and linked directly to the directions to making them. You are even equipped with a shopping list that you can take with you on your phone or tablet so you can always be prepared to buy healthy foods at the grocery store!

Support Groups

<https://www.supportgroups.com/>

Joining a network of other people dealing with similar struggles can be a great way to help you to overcome the mental and emotional hurdles when attempting a major lifestyle change. Developing a strong network of support is a necessity in making lasting changes and holding yourself accountable, so give this or other similar networks a shot!