



**WELCOME TO**

# **EATING TO LOSE PLAN**



## **MOST DIETS DON'T WORK FOR 2 REASONS**

1. They are too restrictive so they don't work long term and
2. They don't educate the person on why they need to eat a certain way.

Therefore, once people get off a diet, they tend to gain all the weight they lost back and more.

Are you tired of trying diet after diet and never losing weight? Are you ready for a slimmer and healthier you?

Well then let's get started.



Well Our team of highly educated nutrition experts at This Really Werks, have taken years of scientific research and personal experience to develop our Eating to Lose , to not only lose weight but to keep the weight off.

Once you understand what hinders weight loss, you can alter your eating habits and turn your body into a fat burning machine, while still eating some of your favorite food in moderation.

**If you have a bad meal, it's NO problem!!  
Remember healthier living isn't eating perfect every day.  
It's striving to make healthier choices  
With a little treat here & there.**



# 4 FUNDAMENTALS TO A SLIMMER & HEALTHIER YOU

## #1 FOOD FREQUENCY

When you go without eating for more than a few hours, your body senses deprivation and shifts into a “starvation mode.” Once your body is in “starvation mode:

1. Your metabolism slows down.
2. Your insulin spikes, which increases fat storage.
3. The insulin spikes lead to a crash, which causes hunger pains, which cause you to end up eating more than you normally would.
4. Absence of food causes the stomach to secrete a hormone called ghrelin- the “hunger hormone” which slows down fat utilization and increases your appetite.

This vicious cycle of overeating and uncontrolled insulin secretions CAUSE WEIGHT GAIN.

Understanding that food is “fuel” is important and understanding how frequently you need this fuel is vital to your success. Eating your meals on schedule reprograms your body to flush out old fat (fuel) storages because it gets use to receiving fresh food (fuel) throughout the day. This also aids in speeding up your metabolism and helps cells repair at a much faster rate because you are giving your body the supplies needed to make repairs and rebuild.



### WE RECOMMEND:

1. Eating 3 meals and 2-3 snacks a day.
2. Eat every 2.5-3 hours a day (except when sleep).
3. Eat within 30 min-1 hour of waking up to start your metabolism.
4. Never leave home without your next meal with you- this will ensure you stay on track!
5. Stop eating 2-3 hours before going to bed- When you go to bed hungry your body will burn stored fat throughout the night instead of burning the food you just ate.
6. Use our Appetite Suppression patch to help reduce your appetite so that you can stay on track. For those that LOVE to eat we recommend our Appetite Suppressant Patch & Weight Loss Drops to really cut your appetite.

# #2 WATER WORKS

## TIP

Your brain does not distinguish between food and water, and treats water as food. This means that the metabolic process is kick started as soon as you drink water in the morning and will start to use the energy to process the water.

Water intake and frequency is probably the most important part of maintaining a healthy body. It helps your body rid itself of toxins and other waste throughout the day.

It also hydrates the organs that help the body function properly (heart, liver, lungs, etc).

One of the main jobs of your liver is to convert stored fat to energy. Next to the liver are your kidneys, which require a lot of water. When your kidneys do not get enough water the liver goes into overdrive and does its own work as well as picks up the slack from the kidneys, which lowers the functioning of the liver. The liver then can't metabolize fat as quickly as it should therefore fat is stored.

### WE RECOMMEND:

1. Drink at least 64 ounces of water daily (5-6 bottles, 12 ounce, a day)
2. Drink a bottle of water upon waking up

# #3 LIMIT RED MEAT TO 3 TIMES A WEEK

Poultry, turkey and fresh fish are the way to go. It is much easier on your digestive system to break these sources of protein. On the other hand, red meat is a lot heavier and puts more of a strain on the digestive system. This slows down your metabolism because it takes so long to completely digest. When your metabolism is slow you don't burn calories at the same rate, which can lead to weight gain.

### WE RECOMMEND:

1. Eat mainly fish, chicken, and turkey
2. Limit red meat consumption to 3 x a week
3. Lamb and bison are leaner meats than beef



# #4 FRESH IS BEST

Fresh fruits and vegetables have natural components that assist with breaking them down and help unlock the nutrients your body needs to function properly. Try to avoid processed foods because they usually contain high levels of sugar and sodium and cause long-term health effects if consumed on the regular basis, including weight gain.

# EATING TO LOSE MEAL FORMULA

## 3 WAYS TO EAT (SUGGESTED)

### Daily Servings

- 3 ½ Proteins
- 5 Vegetables
- 3 Fruits
- 3 Starches
- 1 Dairy
- 1 Fat

## TIPS to Remember:

Weigh or measure food so you know exactly how much you are eating

Cook with non-fat cooking spray.

Do NOT cook with butter, oil, or margarine

Use "light" salt

| SAMPLE #1   | SAMPLE #2  | SAMPLE #3   |
|---|--|---|
| <b>Breakfast</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 1 fruit</li> <li><input type="radio"/> 1 dairy</li> <li><input type="radio"/> 1 fat</li> <li><input type="radio"/> 1 starch</li> </ul> | <b>Breakfast</b> <ul style="list-style-type: none"> <li><input type="radio"/> ½ protein</li> <li><input type="radio"/> 1 fruit</li> <li><input type="radio"/> 1 dairy</li> <li><input type="radio"/> 1 starch</li> </ul> | <b>Breakfast</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 2 fruit</li> <li><input type="radio"/> 1 dairy</li> </ul>    |
| <b>Lunch</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 Protein</li> <li><input type="radio"/> 2 Vegetables</li> <li><input type="radio"/> 1 Starch</li> </ul>  | <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> ½ protein</li> <li><input type="radio"/> 1 fruit</li> <li><input type="radio"/> 1 starch</li> <li><input type="radio"/> 1 fat</li> </ul>       | <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 fruit</li> <li><input type="radio"/> 1 starch</li> </ul>  |
| <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> ½ protein</li> <li><input type="radio"/> 1 starch</li> </ul>  | <b>Lunch</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 2 vegetables</li> <li><input type="radio"/> 1 starch</li> </ul>                                       | <b>Lunch</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 2 vegetables</li> </ul>  |
| <b>Dinner</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 3 vegetables</li> <li><input type="radio"/> 1 fruit</li> </ul>  | <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> ½ protein</li> <li><input type="radio"/> 1 fruit</li> </ul>  | <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> ½ protein</li> <li><input type="radio"/> 1 starch</li> </ul>  |
| <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 fruit</li> </ul>  | <b>Dinner</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 3 vegetables</li> </ul>  | <b>Dinner</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 protein</li> <li><input type="radio"/> 3 vegetables</li> <li><input type="radio"/> 1 starch</li> </ul> |
|   |  | <b>Snack</b> <ul style="list-style-type: none"> <li><input type="radio"/> 1 fat</li> </ul>  |

# EATING TO LOSE MEAL JOURNAL

DATE: \_\_\_\_\_

| FOOD TYPE | BREAKFAST | SNACK | LUNCH | SNACK | DINNER | SNACK |
|-----------|-----------|-------|-------|-------|--------|-------|
| ½ PROTEIN |           |       |       |       |        |       |
| 1 PROTEIN |           |       |       |       |        |       |
| 1 PROTEIN |           |       |       |       |        |       |
| 1 PROTEIN |           |       |       |       |        |       |
| 1 VEGGIE  |           |       |       |       |        |       |
| 1 VEGGIE  |           |       |       |       |        |       |
| 1 VEGGIE  |           |       |       |       |        |       |
| 1 VEGGIE  |           |       |       |       |        |       |
| 1 VEGGIE  |           |       |       |       |        |       |
| 1 FRUIT   |           |       |       |       |        |       |
| 1 FRUIT   |           |       |       |       |        |       |
| 1 STARCH  |           |       |       |       |        |       |
| 1 STARCH  |           |       |       |       |        |       |
| 1 STARCH  |           |       |       |       |        |       |
| 1 DAIRY   |           |       |       |       |        |       |
| 1 FAT     |           |       |       |       |        |       |



# SHOPPING LIST



## FATS (1 PER DAY)

Add fat to foods rather than cooking with it. Fat is a necessary nutrient and adding it to foods will ensure it is not lost in the cooking process.

- Almonds, unsalted 10
- Avocado, medium ¼
- Butter 1 tsp
- Cream Cheese regular, 1 tbs
- Flaxseeds ground, 1 tbs
- Margarine 1 tbs
- Mayonnaise, low fat or light 1 tbs
- Nuts, unsalted 15
- Olives, black 10
- Seeds, unsalted 1 tbs
- Oil 1 tsp



## PROTEINS (Choose 3 ½ servings per day but DON'T combine servings).

The proteins with a star should be consumed no more than 3 times a week combined.

- \*Beef 6 oz
- Chicken Breast 8 oz
- Ground Chicken 8oz
- \*Dark Meat Chicken (boneless things or wings) 6 oz
- Duck 5 oz
- Egg Substitute, plain ¾ cup
- Egg Beaters, plain ¾ cup
- Eggs Large 3
- Egg Whites 6 or ¾ cup
- Fish/Shellfish 7oz
- Lamb 6 oz
- Liver 6 oz
- \*Pork Center Loin Chop 6 oz
- Rabbit 5 oz
- Ricotta Cheese part skim 6 oz
- \*Roast Beef lunch meat, low sodium 7 oz
- Tuna canned drained packed in water 1 can
- Tuna water pack in pouch 7 oz
- Turkey breast 7 oz
- Turkey ground meat 7 oz
- Turkey Lunch Meat, low sodium 8 slices of 4 oz
- Veal 7 oz
- Venison 6 oz
- Peanut Butter, reduced fat 3tbs
- Almond butter 3 tbs
- Quorn Naked Cutlets 2 cutlets
- Ricotta cheese part skim 6 oz
- Seeds any variety unsalted 5 tbs
- Seiten 5 oz
- Soybeans boiled 2 cups
- Soy Cheese 4 oz
- Soy milk, plain or low fat 2 cups
- Soy yogurt 2 cups
- Tempeh 1 ¼ cups
- Textured vegetable protein 4 oz
- Tofu, firm raw 1 cup
- Vegetarian burger any variety 2
- Vegetarian chicken nuggets 6 nuggets
- Vegetarian hot dog, any variety 2 cups

### VEGETARIAN PROTEINS

- Beans, any type, cooked 2 cups
- Cottage Cheese 1% ¾ cup
- Dal 2 cups
- Egg Substitute, plain ¾ cup
- Egg Beaters, plain ¾ cup
- Eggs Large 3
- Egg Whites 6 or ¾ cup
- Lentils cooked 2 cups
- Miso 5 oz
- Nut butters, any variety 3 tbs
- Nuts, any variety, unsalted 5 tbs



## STARCHES: (3 PER DAY. DON'T COMBINE SERVINGS)

- Bagel (small) 100 calories
- Bagel flat 100 calories
- Baled potato small ½
- Bread light 2 slices
- Bread Sticks, whole wheat 2
- Bread Stick, regular 1
- Cereal, nothing with sugar or salt listed in the first five ingredients 1 cup
- Corn cooked ½ cup
- Ritz reduced fat 5
- Triscuit, reduced fat 5
- Wheat things reduced fat 8
- Saltines fat free 5
- Cream of Wheat ½ cup
- Grits ½ cup
- English muffin, any variety ½
- Graham crackers, low fat 1 sheet
- Ice cream non fat sugar free ½ cup
- Oatmeal, plain ½ cup
- Pasta cooked 1/3 cup
- Peas ½ cup
- Pita whole wheat 4 inches
- Quinoa ½ cup cooked
- Rice, white or brown 1/3 cup cooked
- Sweet potato small ½
- Tortilla 6 inches ½ of it
- Waffle low fat 1
- Winter or acorn squash cooked 1 cup
- Wrap small 100-150 calories



## DAIRY PRODUCTS (1 PER DAY)

### CHEESE

- Part Skim, light or reduced fat
- Lower sodium 2 oz
- String Cheese, reduced fat or light 2

### MILK

- Lactaid, fat free, skim, skim plus, soy fortified, vitamin D 8 oz

### YOGURT

- Light, artificially sweetened, any flavor 8oz
- Plain, non fat 8 oz



## FRUITS: 3 PER DAY

- Apple
- Apple sauce unsweetened ½ cup
- Apricots
- Banana (1 a day counts as 2 fruits)
- Blackberries ¾ cup
- Blueberries ¾ cup
- Canned fruit/water or juiced pack ½ cup
- Cantaloupe 1 cup
- Cherries 15
- Clementine
- Cranberries 1 cup
- Grapefruit ½
- Grapes 15
- Honeydew 1 cup
- Lemon small
- Lime medium
- Mango ½
- Orange small
- Papaya ¾ cup
- Peach
- Pear
- Pineapple ¾ cup
- Plantains 1/3 cup
- Plum
- Pomegranate
- Prunes 3
- Raisins 2 tbs
- Raspberries 1 cup
- Strawberries 6
- Watermelon 1 cup



## VEGGIES CHOOSE 5 SERVINGS A DAY

At least 1 cup a serving. Servings CAN be combined.

- |   |                                       |                                   |   |
|---|---------------------------------------|-----------------------------------|---|
| <input type="radio"/> Artichoke         | <input type="radio"/> Celery          | <input type="radio"/> Mustard     | <input type="radio"/> Squash              |
| <input type="radio"/> Asparagus         | <input type="radio"/> Chard           | <input type="radio"/> Okra        | <input type="radio"/> String Beans        |
| <input type="radio"/> Bean Sprouts (4)  | <input type="radio"/> Cherry Tomatoes | <input type="radio"/> Onions      | <input type="radio"/> Tomato              |
| <input type="radio"/> Bok Choy          | <input type="radio"/> Collard green   | <input type="radio"/> Parsley     | <input type="radio"/> Turnips             |
| <input type="radio"/> Broccoli          | <input type="radio"/> Cucumber ¼      | <input type="radio"/> Pepper      | <input type="radio"/> Turnip greens       |
| <input type="radio"/> Broccolini        | <input type="radio"/> Eggplant        | <input type="radio"/> Radishes    | <input type="radio"/> V8 low sodium ½ cup |
| <input type="radio"/> Brussel sprouts   | <input type="radio"/> Endive          | <input type="radio"/> Red Cabbage | <input type="radio"/> Water Chestnuts     |
| <input type="radio"/> Cabbage, green    | <input type="radio"/> Grape Leaves    | <input type="radio"/> Rhubarb     | <input type="radio"/> Zucchini            |
| <input type="radio"/> Carrot, medium    | <input type="radio"/> Kale            | <input type="radio"/> Rutabaga    |   |
| <input type="radio"/> Carrots, baby (6) | <input type="radio"/> Lettuce         | <input type="radio"/> Red Cabbage |   |
| <input type="radio"/> Cauliflower       | <input type="radio"/> Mushrooms       | <input type="radio"/> Snow Peas   |   |



## CONDIMENTS (CHOOSE 3 PER DAY) OPTIONAL

- |  |  |  |
|--|--|--|
| <input type="radio"/> BBQ sauce 1tbs               | <input type="radio"/> Honey 1 tbs                            | <input type="radio"/> Mustard 1 tbs                  |
| <input type="radio"/> Chocolate syrup 1 tbs        | <input type="radio"/> Hot Sauce 1 tbsp                       | <input type="radio"/> Salad dressing, fat free 1 tbs |
| <input type="radio"/> Coffee mate 1 tbs            | <input type="radio"/> I cant believe its not butter 5 sprays | <input type="radio"/> Sugar 1 tsp                    |
| <input type="radio"/> Cream cheese fat free tbs    | <input type="radio"/> Jam, sugar free 1 tbs                  | <input type="radio"/> Spur cream fat free 1 tbs      |
| <input type="radio"/> Jello sugar free ½ cup       | <input type="radio"/> Ketchup 1 tbs                          | <input type="radio"/> Teriyaki low sodium 1 tbs      |
| <input type="radio"/> Goya abdocho light 1tsp      | <input type="radio"/> Maple Syrup, sugar free 1tbs           | <input type="radio"/> Vinegar 1 tbs                  |
| <input type="radio"/> Half and half fat free 1 tbs |  |  |



## BEVERAGES (OPTIONAL)

- |   |  |
|---|--|
| <input type="radio"/> Crystal light 24 oz                               | <input type="radio"/> Snapple diet, 24oz a day           |
| <input type="radio"/> Coffee, decaf unlimited                           | <input type="radio"/> Diet soda, 24 ox a day             |
| <input type="radio"/> Coffee, reg 2 cups a day                          | <input type="radio"/> Tea decaf, unlimited               |
| <input type="radio"/> Seltzer water, flavor 24 oz a day                 | <input type="radio"/> Tea,. Reg 2 cups a day             |
| <input type="radio"/> Seltzer water, plain can be substituted for water | <input type="radio"/> Water flavored, calorie free 24 oz |

Please be certain to drink at least 64 ounces of water a day

# SUCCESS TIPS

## #1 Don't crash diet.

When you create massive caloric deficits there can be issues with metabolic slowdown, but even worse is the hormonal response that causes appetite to run crazy and you end up eating more than you normally would which causes you to gain back all the weight you lost, and then some.

During the weight loss phase, keep your caloric deficits reasonable.

## #2 Avoid added sugar, fat and salt.

They add calories, and they add extra yummy taste that makes the food more compelling which makes you want to eat more.

## #3 Limit drinking your calories.

High liquid calorie intake is directly associated with body weight. This includes soda, juice, high-calorie coffee drinks, energy drinks, "recovery" drinks and alcohol.

## #4 Protein matters.

Protein is a macronutrient and helps you feel full which will cause you to eat less. Try to incorporate protein in every meal. Also if you are going to snack on fruit, make sure you have it with a protein based snack to help you feel full. It is easy to over snack on fruit which has a lot of sugar.

## #5 Caloric density should be considered.

One Oreo cookie contains the same number of calories as 11 ounces of fresh spinach. How many Oreos can you eat vs. how many ounces of spinach? Which contains more nutrition? Which fuels athletic performance better? It's hard to go wrong with vegetables. Eat a lot of them, but not ones that are cooked in copious amounts of oil or covered in cheese or rich dressings.

## #6 Eat food that tastes “good” rather than “amazing”.

Perfectly ripe mangoes contain about 130 calories and taste really good, but after one, you probably won't want a second. Potato chips and ice cream and cookies and chocolate cake are all designed to taste amazing and override the satiety signals in your brain so that you can take in well over a thousand calories of such treat foods in a single sitting.

## #7 Get most of your calories from the grocery store.

Eating out (or ordering in) means high calorie food that is super yummy along with large portions, and it ends up being a mega caloric wallop. If you eat out try looking up the nutrition information before ordering to help you make better choices.

## #8 Don't snack in the car or in front of the TV.

When you eat in the car or while watching TV or at your desk you decrease mindfulness, and can consume more calories than you intended. Even worse, you create associations with eating when in those locations. If you're often eating in the car, on the couch or at the desk, you will find that while you're in those places you'll desire to eat simple because you've established a history of doing so. That's bad.

## #9 Focus on satisfied instead of full.

There is an old adage that goes, “Eat until you are eight-tenths full.” It's good advice. Stuffing yourself doesn't really help you eat less at the next meal, and instead just adds a bunch of calories.

You want to eat until you do that pause and take a breath thing, and say to yourself: Yeah, I'm good. That's enough.

## #10 Don't let hunger set in.

People who eat very little during the day have a tendency to eat the entire kitchen in the evening. You need to keep hunger properly at bay during the day.

## #11 Try going to bed a little hungry.

This is a powerful weight loss tool. Before bed is really the only time it's okay to be hungry, because your body will burn your fat storage instead of that late night snack you just ate, helping you lose weight faster.

After dinner, try to keep any additional eating to a minimum.

Find things to do besides eating -, brush your teeth, take a walk, play a game, read a book. Realize that it might be boredom and find a distraction. Hot herbal tea that takes a while to drink can be valuable as well.

## #12 Don't create forbidden foods.

Don't create forbidden foods or it will lead to longing and dietary relapse. The way to sustain weight loss is via balance and moderation.

## #13 Indulge Verb. Allow oneself to enjoy the pleasure of.

Have your treats and eat them too, but understand that in order for something to be an actual indulgence, it has to be rare. Something is no longer a treat if you eat it every day. Stop and think and decide if something is really worth it. Ask yourself if you're going to enjoy the hell out of something or not, and if you want it that bad. If you decide that it's going to be awesome, and at that moment you have a strong desire for it, go big, and go guilt free.

It keeps you sane. It keeps your diet sustainable.

## #14 Keep treats at a distance.

When treat food is mere feet away, it's hard to resist because you know it's there. Create enough of a pain in the ass factor so that you have to stop and think. Rarely keep any treat food in your house, so that the only time you eat it is when your desire is strong enough to drive a mile down the road to get it. Works like a charm.

## #15 Read all labels.

Don't believe health washing Just because the package implies that it's healthy doesn't mean it is.

## #16 Have rescue foods.

Having go to healthy snacks quickly available will help you make better choices. If you work long hours pack healthier snacks with your so you wont get tempted by the box of donuts in the break room.

## #17 Avoid the reward mentality.

"Because I exercised" are three words that hamper weight loss because people use it as an excuse to eat bad. Don't reward yourself with food.

## #18 Make drinking water fun.

Spice you're your water by adding fruits like lemon, lime, strawberries, or mint.

## #19 Eating healthy doesn't have to be boring.

Find healthier snacks that you like. Google different foods that you like, then find out how to make them in a healthier way. Find protein shakes and bars that you actually like. If you like sweets, look up the nutrition content and find different sweet options that kill your sweet tooth but not your waistline - jello with cool whip, strawberries and lite whip cream, frozen yogurt instead of ice cream.

## #20 Eating healthier is a lifestyle, not a diet.

In order to lose weight and keep it off you have to make eating healthier into your daily routine. Take the word diet out of your vocabulary. If you know you are going to happy hour tonight and want to splurge on drinks then choose healthy options for breakfast and lunch. If you are having dinner at your favorite restaurant ask the waiter not to bring out any bread- save your calories for real food. If you are a bread fanatic and having lunch at a restaurant that has the best bread in the city then indulge on the bread and have a salad for your meal. It's all about making choices that you can live with. Always ask yourself- is this piece of cake worth it?? Sometimes it is and sometimes it's not.

## #21 Get a calorie counter APP.

Using a calorie counting app is an easy way to track your calorie intake to help you stay in track.