



SIGNATURE 7-STEP
METHOD FOR
LASTING WEIGHT LOSS

STEP 1 NOURISH

There's Nothing You Can't Eat!

- Don't cut out food groups (unless you have a preference or allergy)
- It's all about what works for you.

Think: How much and how often in 7 days?

**Eat whole, unprocessed foods
as the mainstay of your diet.**

**If you eat well most of the time,
it won't affect your weight.**

Meals & Snack Suggestions

- **Eat protein and carbs at all meals & snacks**
- **Protein gives you a metabolic boost & keeps you fuller longer**
- **Make sure to eat every 4-6 hours!**

Instead of:



Eat this:



FOOD is FUEL

Don't use food to fix feelings, use food as FUEL for your body. Let food be thy medicine.

Foods can make you sick or make you healthy. You choose!



REMEMBER...

- **However you choose to eat needs to be something you can do forever.**
- **This is a lifestyle change, NOT a diet!**
- **If it's just for now, it won't last.**

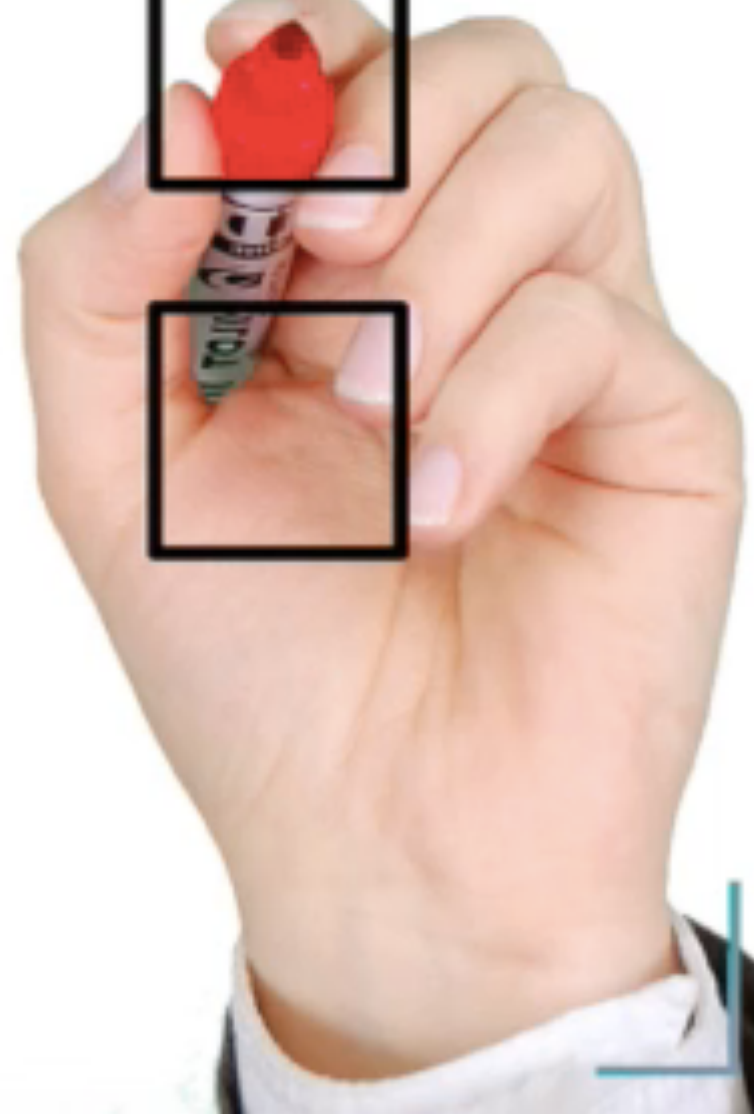
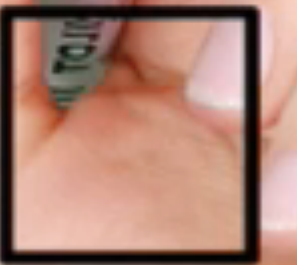


Planning & Being Prepared

**You can't make a bad choice
when you have what you need!**

You DO have time.

Make this a priority!



ASK YOURSELF...

Am I hungry?

Can I stop eating right now and be OK?



Get in touch with hunger, satiety & portions.

Step 1: Nourish Challenge

For the next 7 days make a commitment to to eat mostly whole foods vs processed. Think about 90/10. Only you can decide if you are interested or committed to your goals.

**If you are interested, you will find reasons not to reach them. If you are committed, nothing will stop you from reaching your goals.
You will find a way.**