

DIET

Keys:

1. **Eat less more often:** you need to eat five small times per day to keep your metabolic rate going.

Have power bars or fruit at 11 and and 3 pm.

Drink a bottle of water before every meal to fill up on water.

Eat slowly: Chew and swallow each bite full before taking your next bite.

2. **Weigh yourself every morning.** It takes 2-3 days to begin to actually loos weight. Weigh in to make sure your program is working and gain excitement that you are actually loosing weight.
2. **Limit Calories First:** You will only lose weight if you eat less than 2000 calories per day. No deserts or bed time snacks. You are on a diet.
3. **Limit Carbohydrates Second.:** Dr. Robert Atkins was right. He has the last laugh.
4. **Limit Fat Third:** Fat, fried food etc. is not dietetic.
4. **Exercise:** Recommended minimum of 1/2 hr. per day. Anything is good. Walking is fine.

