

# ***Diet Handbook***

***Learn The  
Latest...***

***Created by:  
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***Dieting Secrets***



## FORGET THE "HYPE" ...and open your Mind

The first thing you must do is totally forget everything you have heard about "**dieting**" and "**low carbs**" and "**low fat**" (and every other weight loss related topic) because that stuff is just "hype" which changes like the flavor of the month.

You've heard all the **contradictory** diet hype over the years from the media... You know what we're talking about...

First they tell you that "portion control" is the sole answer to weight loss, then they tell you that eating "low fat" is the answer, then they tell you to scrap the "low fat" philosophy and to **hop on the "low carb" bandwagon.**

The media changes it's tune whenever it thinks the ratings will benefit from a new tune -- they have no clue as to what dieting methods work. **Why else would they keep changing their advice?**



## 2 Weight Loss Choices

The first thing that you have to decide is **how much weight you want to lose** because we have 2 DIFFERENT weight loss programs available in this handbook, and each one manipulates carbs/protein in a different way (**they are not the same**).

If you want to lose weight MORE QUICKLY then you may go to our LOGIN AREA and click on the [Diet Generator](#) to begin using the **NEW ON-LINE DIET**.



**(It generates your menu in just seconds.)**

Or, if you would rather lose weight more "casually" (without having to follow a specific diet) then we have a second weight loss program which is a **collection of 10 Weight Loss Rules** which you can use to lose weight in a much more "casual" way.

These 10 RULES use a DIFFERENT CARB/PROTEIN system than the Diet Generator uses.

**The 10 Rules are shown on the next 10 pages...**

## **RULE #1**

### **Manipulating Calories**

To lose weight you need to **manipulate** which types of calories enter your body at each meal, because calories are like "fuel" and to lose weight you must manipulate the fuels which your body receives.

This is done by manipulating the foods you eat at each meal.

The first thing you must do is learn the 3 types of calories, and which calories are in each type of food that you eat.

#### **The 3 Types of Calories are:**

- 1) **Protein**
- 2) **Carbohydrates** (Carbs)
- 3) **Fat**

You don't have to worry about manipulating "fat" calories, you only need to worry about manipulating **PROTEIN and CARBS.**

You must learn the below list of foods before reading the next 9 rules (**Rule #4 will show you how to ROTATE THESE FOODS**).

But for now, just learn these foods (and when you get to RULE #4 then you'll learn how to eat these foods...)

## **PROTEIN FOODS**

**Lean Roast Beef**

**Cottage Cheese** (low fat)

**Eggs** (scrambled, hard-boiled)

**Broiled Flounder** (non breaded)

**Tofu Products** (non breaded)

**Soy Products** (non breaded)

**Egg Salad** (use non fat mayo)

**Chicken** (Skinless)

**Lean Turkey**

**Lean Ham**

**Lean Beef**

**Broiled Halibut** (non breaded)

**Broiled Orange Roughy** (non breaded)

**Tuna Salad** (use non fat mayo)

**Mixed Nuts** (salted or unsalted)

## **CARB FOODS**

**Mixed Salad** (only lettuce, tomatoes, and veggies allowed)

\*Dressing should be Low Cal dressing. Use sparingly, you should not smother the salad with too much dressing.

**Bread** (should be "oat" or "bran" type bread only)

**Mixed Vegetables** (fresh or frozen)

**Fresh Apples**

**Fresh Pears**

**Fresh Peaches**

**Fresh Plums**

**Fresh Kiwi Fruit**

**Fresh Grapefruit**

**Fresh Oranges**

**Fresh Apricots**

## **RULE #2** **Eat 4 Meals Per Day**

To increase weight loss you should begin eating **4 meals** every single day.

Each meal must be separated by **at least 2 1/2 hours**.

This will burn fat because your body doesn't pay attention to daily calories, your body pays attention to **calories per MEAL**.



Therefore, if you eat too much at any single meal then you'll store fat even if your total DAILY calories are low.

You need to eat 4 meals per day, and you need to spread them out as evenly as possible so that your body receives fewer calories per sitting. **This allows you to burn fat -- if you do this consistently every day.**

## RULE #3

### Prepare Your Meals at Home

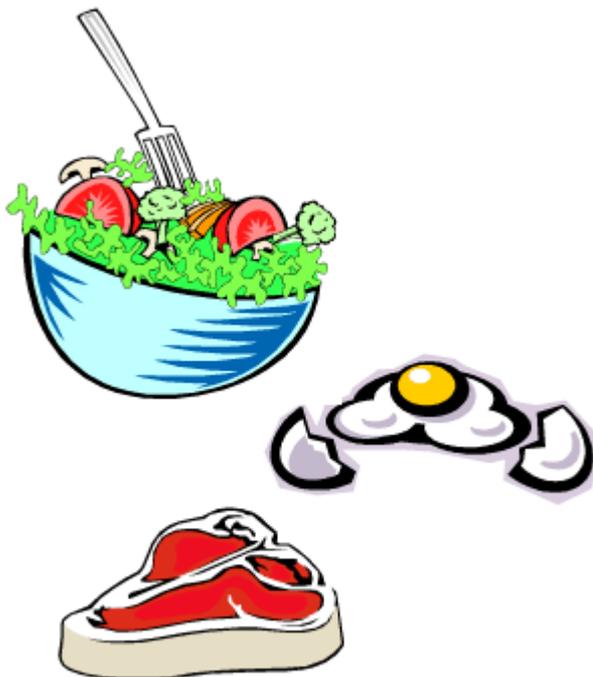
While dieting try to prepare your meals at home, and then if necessary take them with you to work (or elsewhere) via a cooler or meal container.

It's better to not eat your meals in restaurants while dieting, because the portions in restaurants are usually bigger than what you need and you'll usually be tempted to eat the entire plate if you paid good money for it.

Plus, the food in restaurants is usually not plain enough to eat while dieting.

For example, a chicken dinner usually comes topped with a fattening sauce --- and it also may come with side dishes such as pasta or rice which ruins the entire chicken meal **(and makes it fattening)**.

Also, restaurants tend to serve all RICE dishes with huge portions which is REALLY fattening (it can ruin your diet results very quickly). **It's just better to prepare your meals at home and then take them with you to work via a cooler.**



## **RULE #4** **Rotation of Foods**

You already know that you'll be eating **4 daily meals** (from RULE #2)...

...and you already know which **PROTEIN and CARB foods** that you'll need to eat (from RULE #1)...



Now, to lose weight **you just need to rotate the protein & carb foods each day according to the below schedule** (the exact foods are shown in RULE #1)

**Day 1:** Eat 3 Carb Meals and 1 Carb/Protein Mixed Meal

**Day 2:** Eat 3 Carb Meals and 1 Protein Meal

**Day 3:** Eat 2 Carb Meals and 2 Protein Meals

**Day 4:** Eat 1 Carb Meal and 3 Protein Meals

**Day 5:** Eat 1 Carb/Protein Mixed Meal and 3 Protein Meals

**Day 6:** Eat 1 Carb Meal and 3 Protein Meals

**Day 7:** Eat 2 Carb Meals and 2 Protein Meals

**Day 8:** Eat 3 Carb Meals and 1 Protein Meal

**Day 9:** Eat 3 Carb Meals and 1 Carb/Protein Mixed Meal

**Day 10:** Repeat Cycle starting from Day 1 again...

\*Please remember that this is our SECONDARY diet schedule, this is **not** our main 11 Day Diet. The 11 Day Diet is accessed from the DIET GENERATOR (which you'll find on our LOGIN PAGE).

### **DETAILED MEAL EXAMPLE BELOW:**

For example, if the menu tells you to eat **3 Carb Meals** and **1 Carb/Protein Mixed Meal** --- then this means that 3 of your meals should be composed of ONLY CARB FOODS and 1 meal should be composed of BOTH protein and carb foods.

There is **no limit** to the **number of different foods** at any single meal.

This means that if the meal is "carb only" --- then you can eat 1 carb food, 2 carb foods or 3 carb foods at that same meal.

The same is true for "protein only" meals and for MIXED meals (no limit to the number of different foods at each meal).

**You may eat the daily meals in ANY order**, it's your choice which meals to eat first and which to eat last.

For example, if you are told to eat 3 carb meals and 1 protein meal for the day, then you can eat the protein meal 1st, last, or at any meal in between. It's easy to follow this meal schedule.

## **RULE #5** **Plain is Better**

To really maximize weight loss you should always try to eat your meals **as PLAIN as possible**.

This just means avoid using excessive condiments, sauces and toppings since these things can make you fat.



**Condiments are loaded with mostly carbohydrates which your body converts to fat tissue very easily, that's why you should avoid them.**

Did you know that the difference between being fat and thin can be decided on **how plain you eat your meals?**

It's true, so always be aware of this rule. You don't have to eat your meals "dry", that's not what we are saying, we're merely saying that if you decide to use "sauce" or "toppings" then use **the LEAST amount possible**.

Don't be fooled by the "simplicity" of this rule, since your dream body is greatly affected by this "simple" rule.

## **RULE #6**

### **Knowing when to STOP**

To maximize weight loss you need to **STOP eating at the right time.**

When is the "right time" to stop eating? Simple, always stop eating before you are totally satisfied, while you are still **just a bit** hungry.

You don't need to starve yourself, you don't need to leave yourself feeling "very hungry" after a meal, that's not what we are saying.



We are just saying that you should always stop eating when you're still just a **little bit** hungry. This is more important than you could possibly imagine.

To prevent yourself from eating too much you should eat more slowly, try eating the protein food (first food) very slowly, try making your meals last 15 minutes or more.

This will ensure that you don't eat too much.  
**Everytime that you feel full you are sure to add extra bodyfat to your body, because you've given your body too many calories.**

This rule is simple but yet it's probably one of the MOST IMPORTANT points of weight loss.

## **RULE #7** **Beverages**

To maximize weight loss you should drink only beverages **which have 10 calories or less per glass.**

Things which commonly have less than 10 calories per glass include:

- 1) Diet Sodas**
- 2) Water**
- 3) Iced Tea**
- 4) Low Calorie Coffee**
- 5) Other Low Calorie Drinks**

Things which commonly have MORE than 10 calories per glass are fruit juice, espresso, cappuccino, regular soda, milk, etc.

There is no limit to beverages per day, you can drink them between meals or with meals, but they should all have **less than 10 calories per glass.**



## **RULE #8**

### **Drinking Water to Burn Fat**

To maximize weight loss you should drink **between 8 and 10 glasses of water per day**.

It's important to space them out evenly throughout the day, and you should never drink too much water at one sitting.

In fact, drinking 2 glasses at one sitting is usually more than enough.

Drinking water greatly affects the weight loss process and it makes the other rules work twice as well, so it's important that you follow this rule.

If you cannot drink 8 to 10 glasses per day then try drinking 6 glasses, that's also very good.

Each glass should be about 8 ounces, just a normal size glass is fine.

**\*This is a VERY important rule, do not underestimate the power of water when it comes to burning fat.**



## **RULE #9**

### **Walking**

You should never do intense exercises (such as stairclimbers or jogging), those exercises do not help much when trying to lose fat.

But you should begin doing **2 thirty minute sessions of "walking" per day**, this will greatly help to maximize weight loss while dieting.

If you are too busy for that then do one 45 minute session per day. You should walk fast but not so fast that you feel uncomfortable, you should get your heart rate up just a bit but you should never be out of breath.



You should do 2 thirty minute sessions every day, 7 days per week.

Do not underestimate the power of walking (it may take a week or longer to begin seeing results but walking will increase your body's metabolism).

**\*Keep in mind that our 11 Day Diet (accessed from our Diet Control Panel) does NOT require exercise of any kind, you are not required to walk while using the 11 Day Diet.**

Walking is recommended for our **SECONDARY** diet plan -- as part of the **10 RULES of Weight Loss**. Please remember that we offer 2 weight loss plans, and both are a bit different.

## **RULE #10**

### **Stop Looking for "Fat-Free" foods**

**...and start avoiding anything Sweet...**

To maximize weight loss you need to avoid any foods which taste too sweet, **even if a food is "fat-free" it can still make you fat if it's too sweet** (and has too much sugar).

Things which are **not okay** are foods such as fat free cake, fat free candy, fat free chocolate, fat free pastries, regular non-diet sodas, lemonade, sweet cereals, pancake syrup and other similar toppings...



Foods like "frozen yogurt" are right on the line --- we allow Frozen Yogurt in our 11 Day Diet as long as no toppings are used. Frozen Yogurt does have sugar and it's not the most healthy food in the world, **but if eaten without any toppings then it can be a good way to quench a sweet-tooth.**

Remember that sugar itself is "fat-free" --- but yet it can make you VERY fat. **So stop looking for "fat free" foods, and start looking for foods low in sugar.**

# **Diet Handbook**

## **Recap of the 10 Rules**

You've just read the **10 RULES of WEIGHT LOSS...**  
...and if you start applying them to your daily meals  
then you'll begin to lose weight consistently each and  
every week.

Some of these 10 Rules may not seem logical to you,  
and some rules may not seem that important (or they  
might seem very "simple") ---- but the power of weight  
loss will be unleashed when you **combine all of these  
rules together at the same time.**

### **Don't believe it?**

Well, **just give it a try** and see if the scale is not lower  
after every few days.

Don't judge a diet plan until you use it, and you'll lose  
plenty of weight using these 10 RULES.

**The rest of the handbook is devoted to topics  
which help you learn the details of weight loss,  
and how to maintain a slim body for the rest of  
your life.**

## **Sit-Ups are a Waste of Time**

The abdominal (ab) muscles are muscles just like any other muscle of the body. When you train a muscle it will become stronger & tighter.

For example, if you begin training your biceps muscles with light barbell curls then your biceps will become stronger & tighter. **The abdominal muscles are no different.**

If you begin training your abdominal muscles with sit-ups (or any other type of abdominal exercise) then your abdominal muscles will become stronger & tighter.



However, your new stronger & tighter abdominal muscles will still be **buried beneath layers of fat tissue** so you won't be able to SEE THEM, and that's why sit-ups are useless for slimming your waistline.

Sit-ups are useless because they can only strengthen & tighten your abdominal muscles, but those muscles are still located **BENEATH a layer of fat tissue on your stomach.**

Your abdominals will never be noticeable until you burn away the fat that is covering them up.

Making your abs stronger and tighter is not the same thing as burning away the fat tissue which SITS ON TOP OF YOUR ABS. Those are 2 totally different things.

There is simply no such thing as spot reducing. "Spot reducing" means to get rid of fat from "one" specific part of the body.

Fat can only be removed from the body in more or less equal parts. For example, if you lose 5 pounds the pounds will come from all over the body in small amounts (thighs, hips, buns, arms, back, face, etc.).

You would not lose the 5 pounds from just "one" specific area of the body such as the fat sitting on top of your abdominal muscles.

Here's another way to explain it...

...When you see an overweight person they not only have fat on and around their midsection -- but on their face and neck too.

...So when that person loses weight they'll not only lose weight from their stomach and hips, but their face and neck will be noticeably slimmer too.

This is true **because fat tissue can only be burned from ALL OVER your body at the same time**, in more or less equal amounts.

There are only two ways to burn fat:

**1) By eating properly**

**2) By performing non-strenuous aerobic exercises** (such as walking at a light pace each day).

## **Never do Intense Exercises**

You should **never do intense aerobics** (such as jogging, stair climbing, stationary bikes) as those types of exercise do not help much when trying to lose fat.

Intense aerobics burn **mainly carbohydrates** for energy, **not fat tissue**. If you over-exert yourself and your breathing (and heart rate) become too elevated then your body will burn mainly carbohydrates.

However, if you slightly elevate your breathing (and heart rate) and maintain this level for at least 30 minutes then your body will burn mainly stored body fat for energy (walking is a good example of how to slightly elevate your heart rate).

In general, **walking is the best form of exercise** because just about anyone can walk at a nice brisk pace without too much effort.

You may be asking yourself: "Won't jogging for 30 minutes burn a lot more calories than walking for 30 minutes?"

Of course jogging will burn more CALORIES than walking since it takes much more energy to jog for 30 minutes than to walk for 30 minutes.



However, that is beside the point because your goal is not to burn CARBOHYDRATE CALORIES, your goal is to burn stored BODYFAT. You can burn all the carbohydrate calories in the world and you'll still be overweight, you won't slim down until you begin burning BODYFAT.

The whole point of exercising is to burn bodyfat, and walking will burn more bodyfat over a 30 minute period than will jogging.

Basically, when it comes to burning stored bodyfat the key is not to "work harder" but rather "smarter". Remember you are not training for a spot on the Olympic Team. You are simply trying to burn away your excess and unwanted stored bodyfat.

Now of course if you are a well tuned fitness machine walking may not be enough to elevate your breathing and heart rate even slightly and you may well want to jog or stair climb or hike or bike ride in order to place your body in the desired fat burning zone.

But most people can use fast walking to elevate their heart rate high enough to burn bodyfat.

It is not necessary to take your pulse in order to check your heart rate while exercising, just pay attention to your breathing and make sure you are breathing harder than normal but not so hard that you are out of breath or in pain. Simply start walking and you will notice your breathing and heart rate begin to increase.

If you find yourself huffing and puffing then you are walking too fast (working too hard) and therefore burning carbohydrates. Back off a bit until your heart rate is at a point that you can handle for an extended period of time.

...And have the peace of mind knowing that every step you take is burning tiny amounts of actual stored fat tissue and not being wasted on carbohydrates.

## **Why Low Carb Diets Don't Work**

Carbohydrates provide the body and brain with the energy needed to function properly and to be healthy.

When the body and brain do not receive the energy they need in the form of carbohydrates they will rebel and show their displeasure via giving you unpleasant "side effects".

Side effects from low carb dieting include sleeplessness, irritability, sluggishness, headaches, nervousness, inability to think clearly, lightheadedness, hunger pains, etc. We are not saying that eating "low carbs" is bad.

In fact, eating to burn fat requires that you learn to manipulate your carb intake according to the 10 RULES of WEIGHT LOSS.

We are saying that typical low carb diets do not work because they force you to STARVE your body of nearly all carbs for LONG PERIODS OF TIME.

The trick to losing weight is to lower your carbs for TEMPORARY periods of time, then raise them again, then lower them again (just as we described in Rule #4 in the beginning of this handbook).

## *Eating for the Rest of Your Life*

After you use our dieting program to lose weight you'll want to learn how to eat for the rest of your life (after the diet is over) -- without worrying about gaining the extra weight back.

To maintain your new slim body we've listed some general "rules" on the next several pages (these are different from the other rules of weight loss presented at the beginning of this handbook).

These rules on the next few pages are meant to be "general" and "simple" -- because you can easily maintain your new body by just using a "few" simple and general rules (the best rules are often the simplest sounding).

For example, the rule about breaking up your daily food intake into 4 meals may "seem" simple, but it can control how slim you stay in the future.

We also have rules about what to avoid when grocery shopping, how to order food at restaurants, and how to order at fast food establishments. We also talk about late night eating, etc.

**These rules are ""simple sounding"" but they are enough to maintain your new body for the rest of your life.**

## Eating at Restaurants

When you **eat at restaurants** there are some simple things which you need to remember so that you don't gain any weight from your meals.



- 1)** Never eat pre-dinner "bread" or "appetizers" just before your dinner. **\*Always take home your appetizers and eat them later, never eat them right before your dinner or you'll gain lots of weight.**
- 2)** If you have a pre-dinner salad, eat it with Italian or vinegar-like dressing. **\*Do not use thick "ranch style" dressing. Make sure that your salad only has lettuce and vegetables (no croutons or bacon bits, etc.)**
- 3)** Do not eat dessert after dinner (take it home to eat later instead). **Remember that when you eat too much at one sitting then you'll gain lots of weight, but if you take home your dessert and eat it later then you'll be better off.**
- 4)** Try to avoid dishes which come with RICE or PASTA if possible. \*Instead of rice or pasta try ordering dishes which come with vegetables as side dished. **RICE and PASTA will make you gain lots of weight since they are usually served in HUGE servings.**
- 5)** Avoid breaded or fried foods. **\*Try ordering meat & fish which comes non-breaded and not fried -- such as "broiled fish" or "skinless chicken" or "non breaded shrimp", etc.**

## Eating Fast Food

When you eat **FAST FOOD** there are some simple things which you need to remember so that you don't gain any weight from your meals.



- 1) Choose ONE main food and eat only that *\*If you eat a hamburger, then don't order fries or an apple pie, etc. If you eat a chicken sandwich then skip the side dishes and mashed potatoes, etc. -- and just eat the chicken sandwich.***
- 2) Avoid FAST FOOD which requires utensils to eat, and try to order foods which are sandwiches. *\*Avoid eating "taco salads" or Kung Pao Chicken, etc. -- since these types of foods are served in HUGE portions usually. Try to choose foods like burritos, hamburgers, or chicken sandwiches instead.***
- 3) Choose Boneless, Skinless Chicken Sandwiches when possible *\*Most fast food places offer SKINLESS CHICKEN sandwiches. \*If you eat breaded chicken sandwiches then you'll be worse off then if you eat skinless chicken sandwiches.***
- 4) Do not "**stuff yourself full**" ever. *\*Always leave yourself wanting a little bit more.***

If you follow these simple rules then it will be very difficult to gain weight when eating fast food. You'd be surprised how such simple rules can be so effective.

## **Shopping at the Grocery Store**

When you **go shopping at the grocery store** each week, it's important to remember certain rules if possible:



**1)** When buying "meats", choose non-breaded & non-fried meats. **\*Skinless chicken is better than fried or breaded chicken. Skinless halibut is better than breaded halibut. Non breaded shrimp is better than breaded shrimp...**

**2)** **Avoid buying RICE or PASTA. Instead of "rice" or "pasta" try buying Mixed Vegetables. Mixed Vegetables are the #1 fat burning carb in the world (in fact, eating mixed vegetables with "butter sauce" is still better than eating pasta or rice).**

**3)** Try to avoid any foods which are loaded with sugar, especially "fat-free" foods which are SWEET. **\*This includes "low fat" and "non fat" pastries which are loaded with sugar. If it's sweet then it most likely has sugar or a sugar equivalent.**

**4)** Try buying all diet sodas or low calorie drinks.

**5)** Buy lots of fruit, and avoid buying fruit juice. **\*Most fruit juice has sugar, and lacks the fiber of fresh fruit.**

**5)** Avoid buying baked potatoes, since this is the one vegetable that can make you gain weight fast. **Choose mixed veggies instead.**

## **Rules of Alcohol**

When you **drink alcohol** try to follow these rules if possible:

- 1)** Wine is a better choice than beer or other liquor.
- 2)** Light Beer is a better choice than normal beer or other liquor.
- 3)** Avoid "SWEET" alcoholic drinks, since they contain too many calories.
- 4)** Try to drink no more than one glass of alcohol with any meal.
- 5)** It's always better to not drink alcohol if possible



**\*Alcohol contains too many "empty" calories which the body does not need, and so they tend to end up stored as fat tissue.**

## **Exercising AFTER the Diet**

When you are done dieting and trying to maintain your new slim body, it's always best to walk for **2 thirty minute sessions per day**.

If you're too busy then just walk for **one 45 minute session per day**, that's good enough.



**Avoid doing any "intense" exercises, since we've already explained that it won't help you to lose weight and is a waste of time.**

**\*\*You don't have to exercise to maintain your new slim body**, but it's better if you do (especially for those of you who are not as strict with your meals as you should be).

So please try to exercise if at all possible, doing light walking or other light exercises.

## *Break up Your Meals*

**Always try to eat 4 meals every day, spaced out by at least 2 1/2 hours** (this rule is also a part of our diet rules, but even after you're done with our diet you should continue breaking up your meals in this manner for the rest of your life).



Also, you don't ever have to count calories or read food labels, but try your best to space out your daily food as equally as possible among all 4 meals.

Just "**ESTIMATE**" what you think you'll eat each day, and try your best to eat those foods as evenly as possible throughout the day.

Basically, all we are saying is that you should not eat half of your daily calories in **one single meal**, because your body will store fat if you do that.

One of the biggest reasons people gain weight is because they eat too much at **ONE SINGLE MEAL** and their bodies store those extra calories as fat tissue.

## **Late Night Eating**

Remember that you'll be eating 4 meals every day, and they'll be spaced out by at least 2 1/2 hours.

Therefore, one of your meals should be eaten sometime in the later evening.



This will prevent **late night junk food cravings** just before bedtime, and you should never be hungry just before bed if you schedule your meals properly.

However, if you ever find yourself feeling so hungry that you must eat something before you can go to sleep, then eat **FRUIT ONLY** (keep some fruit around the house for that time of night, just in case).

Try not to eat junk food late at night though, just stick with fruit if possible.

But if you space out your meals correctly then you won't ever suffer from those "late night cravings" for junk food.

## **How to Stop RETAINING WATER**

After the diet is over always try to drink at least **6-8 glasses of water per day**, if possible (10 glasses per day is preferable, but at least 6-8 glasses per day if possible).

Water is a very important part of your daily effort to stay slim.

If you don't drink enough water then your body will begin **RETAINING WATER** and you'll get a more "puffy" look when that happens.

Contrary to popular belief, drinking lots of water **does not make you retain it** -- in fact, you'll begin to retain water when you don't drink ENOUGH water per day.

This is true because when you don't drink enough water each day then your body begins **HOLDING ONTO AS MUCH WATER AS IT CAN** (as a panic response).

**So remember, to stop retaining water you need to start drinking MORE water per day.**

\*Water also helps your body to burn fat believe it or not.



## **TOP 10 Foods to Avoid**

- (1) Pizza**
- (2) French Fries**
- (3) Potato Chips (even low cal)**
- (4) Anything Fried or Breaded**
- (5) Sweet Breakfast Cereals**
- (6) Regular Soda (non diet)**
- (7) Cake and Desserts (even fat-free)**
- (8) Chocolate of any kind (even fat-free)**
- (9) Overeating TOO MUCH Bread (but having a small sandwich is okay)**
- (10) Ranch-Style Salad Dressings (choose thinner dressings instead)**



## **Using the SCALE**

After you're done dieting always weigh yourself on the scale **once per week**, so you can spot trouble before it happens.



If you notice that you're slowly gaining weight then you can immediately take action to prevent any more weight from being gained (**just start following these rules again**).

Don't weigh yourself everyday, since sometimes there are minor water changes in your body that can make the scale go up a pound temporarily.

Try to weigh yourself about once per week after you're done dieting, since that will give you a good indication of what's happening with your weight.

**Also, always weigh yourself on an empty stomach, first thing in the morning (in order to get an accurate and consistent reading each week).**

If you follow all of the advice in this handbook closely then you'll be able to maintain your new slimmer body for life.

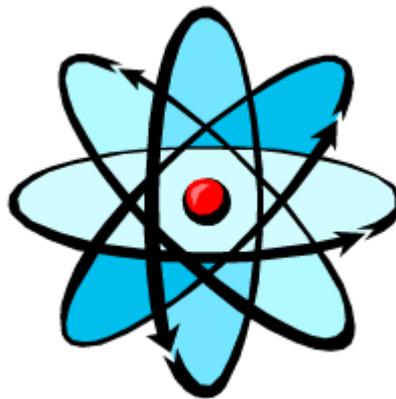
## **Losing Weight with Bad Genetics**

Many people have "bad genetics" when it comes to weight loss, which is to say that they've always been overweight since childhood, and they've always had a very hard time trying to lose weight.

Guess what?

It doesn't matter if you have bad genetics, it doesn't matter if you've been overweight since childhood -- you will still lose weight following our dieting advice.

The reason you've probably had difficulty losing weight with previous diets is because those diets did not use the 10 RULES of WEIGHT LOSS, which are necessary if you wish to begin losing weight FAST.



If you have bad genetics you'll still lose weight, **it will just take a little longer for you to reach your weight loss goals**, that's all.

Having bad genetics doesn't PREVENT weight loss, it only makes it take a little longer, and that's the truth.

You see, weight loss happens when your metabolism begins burning more calories than you take in each day, **it's that simple.**

If you have bad genetics then that just means your metabolism is running slower than the metabolism of other people.

But no matter how slow your metabolism is running **it's still burning calories to give you energy each day**, so therefore you can manipulate your "food intake" and your "meal timing" to force your metabolism to speed up and burn extra fat tissue.

You can also do non-intense exercises (such as "walking") to boost your metabolism even more.

\*Remember that on our diet you'll be **eating 4 meals per day** which have an **equal distribution of calories**, and that will keep your metabolism revved up and burning extra calories.

Plus, when you combine the "4 meals per day" with our other RULES (such as "walking" for 2 thirty minute sessions per day) then your metabolism will begin burning even more calories.

...And when you combine even more of our other RULES your metabolism will be able to burn even more calories. **It doesn't matter if you've been overweight your entire life, it doesn't matter if you've failed at other diets.**

Don't get discouraged ---- **because your body will begin to burn bodyfat when you begin using the dieting advice shown in this handbook.**

Keep a positive attitude and you can accomplish anything, it all begins with ONE pound at a time, the scale will drop one pound at a time and after a few weeks you'll look back and see many pounds lost, and a new body in the mirror.

## *The INSIDE SCOOP on Carbs*

Everywhere you look there are carb experts telling you that certain carbs are healthy while others are unhealthy, but is this really true?

First of all, you must understand that there is a difference between a carb food being "unhealthy" and being "fattening".

**In other words, a food can be "healthy" but yet still be a fattening food.**

How can this be true?

...Because **many healthy carb foods are too calorie dense**, or in other words they have too many "healthy calories" concentrated in every serving.

There are many healthy foods which are loaded with important nutrients and have a low carb rating (glycemic rating) which makes them very healthy.

However, those same foods are often "calorie dense" which means that your body **cannot process all of those "healthy" calories** --- and it converts the extra calories to fat tissue.

For example, most pasta is very healthy because it has a low carb rating (low glycemic rating) and it's enriched with other important nutrients that your body needs.

However, pasta is **CALORIE DENSE** which means that a typical plate of pasta **(that an average person would eat at dinner)** has double the number of carb calories that your body can process.

So even though pasta calories are "healthy" your body cannot process them all, so therefore your body will convert the excess carb calories to fat tissue if you eat

TOO MUCH pasta.

\*Also, the problem with certain foods like "pasta" is that most people don't just eat pasta by itself, **they instead have it covered with meatballs and meat sauce or another type of sauce** (such as "alfredo sauce") which adds even more calories to your already calorie dense meal.

This is why people who eat lots of pasta **tend to gain weight fast**, even though the actual pasta is healthy if eaten in moderation. Pasta can be healthy but only if eaten in smaller portions.

If you want to eat pasta and stay slim then you need to eat a portion approximately HALF of what you'd expect to receive if you were at a restaurant.

Also, you should eat the pasta with only PLAIN SPAGHETTI SAUCE and seasoning salt for flavoring.

You should not top it with "thick meat sauce" or "alfredo sauce" -- or any other type of sauce. It's very hard to find a restaurant that will serve just plain pasta with plain spaghetti sauce, so if you eat pasta you should do so at home where you can prepare it yourself.

**Indeed, if you go out to a restaurant and order a plate of lasagna, fettuccini, or spaghetti then you'll be eating a plate full of fattening calories which is sure to add fat tissue to your body.**

Other carbs like "rice" are also CALORIE DENSE and are commonly served in portions which are DOUBLE OR TRIPLE the size which your body can process, so you'll also gain weight by eating carbs like "rice" unless you keep the portions HALF of what you are served.

Anyway, that's why you must be careful to eat smaller portions of carbs, not because they're "unhealthy" but because they are too CALORIE DENSE and your body cannot process that many calories at once.

\*Carbs need to be watched, but you don't have to go on a low carb diet (**a carb starvation diet**) to lose weight and be healthy. **However, you do need to carefully watch which carbs that you eat, since the wrong carbs can make you gain weight very quickly.**

## **The MYTH of Eating Salads**

Everybody thinks that eating a "**SALAD**" is one of the **healthiest choices** you can make.

**FACT: SALADS are only as healthy as what you put on your plate.**

### **What does this mean?**

It just means that most salad bars offer much more than lettuce and tomatoes, they offer such fattening salad items as:

...**Sour Cream**

...**Croutons**

...**Bacon Bits**

...**Fried Potato Skins**

...**Taco Meat**

...**Avocadoes**

...**Cheese**

...**and every type of Ranch Style Dressing imaginable...**



All of those items are fattening and putting them atop your "salad" doesn't make them any less fattening.

People tend to use the word "salad" as an excuse to eat any fattening food which they desire, because they tell themselves: **"oh, it's not fattening because it's part of my SALAD"...**

Also, almost every fast food establishment includes unhealthy items in their salads, it's virtually impossible to find a fast food place that serves salad without sour cream, croutons, bacon bits, and RANCH style dressings.

## **Why?**

Because fast food places make more money by adding tasty fattening calories to each meal. If they offered a salad with just lettuce, tomatoes, cucumbers, and low cal dressing then they'd be losing out on lots of sales.

You CAN order healthy salads from fast food establishments, but you must usually custom order your salads, and specify what you want on them.

When you eat salads you need to remember to **ONLY use LETTUCE, TOMATOES, CUCUMBERS** (and other vegetables) and a low cal "Italian" style dressing is best.

You should **avoid other calorie dense dressings**. These are the only healthy types of salads.

## **The MYTH of WHEAT BREAD**

Everybody thinks that eating "**WHEAT**" bread is somehow "**healthy**" or **non fattening**.

Similarly, people think that "wheat" pancakes are a "healthy" form of pancakes which are non fattening.

**This type of absurd thinking is what helps to keep people overweight.**



**FACT: Wheat bread is just as unhealthy as normal white bread.**

They both have a glycemic index rating (carb rating) which is too high (which is unhealthy).

If you are looking for a healthy form of bread then you should buy "Oat Bran Bread", it is a very healthy form of bread and is much healthier than regular wheat bread.

\*Also, other foods made with Wheat Flour (such as wheat pancakes) are **no more healthy than eating the same foods made with white flour.**

It's just a **myth** that wheat flour foods are automatically

healthier or less fattening.

You are probably wondering why "wheat bread" is sold in many health food stores and advertised as a "healthy" form of bread...

The truth is that **lots of foods are advertised as healthy even though they are not.**

For example, "natural honey" is often advertised as a "healthy" alternative to sugar, yet it has a glycemic rating (carb rating) which is virtually identical to sugar.

Honey is one of the most fattening things you could possibly eat, yet it's "natural" and it's often advertised in health food stores as "healthy".

So you need to stop believing that wheat based foods are healthy because they are no more healthy than the same foods made with white flour, and you won't lose weight eating "wheat pancakes" or "wheat french toast" covered in syrup and butter.

\*However, foods made with "oats" and "bran" ARE HEALTHIER than other foods, so if you found "'oat and bran pancakes'" then you would be eating a healthier form of pancakes.

Overall, just remember that eating "wheat bread" is not going to make you any thinner or healthier, and just remember that it's only a myth to believe otherwise.

## **The MYTH of BROWN SUGAR and HONEY**

Most people believe that using "**natural honey**" is **healthier** than eating regular white sugar.

Similarly, most people believe that eating "**brown sugar**" is **healthier** than regular sugar.

The truth is that your body reacts to honey (and brown sugar) the same way it reacts to normal sugar --- and honey is simply a different form of sugar which comes from a different source.

Honey is just as fattening as sugar, there is almost no difference.

Also, brown sugar is just as fattening as white sugar.

In fact, the main difference between the two is that brown sugar has a few more vitamins and minerals than regular sugar does, but other than that it's just as fattening.

**Did you know that the main difference between commercial sugar and a naturally growing "sugar cane" is merely a few vitamins and minerals?**



Health food stores can legally tell you that "natural honey" and "brown sugar" are healthier than sugar because they have "**vitamins and minerals**" in them, whereas refined sugar does not.

## **See the deception?**

Eating a few more vitamins inside your sugar **does not make it less fattening**, just like eating a chocolate bar with a vitamin pill won't make the chocolate bar any less fattening.

They are attempting to imply that certain foods are "healthy" simply because those foods are just a "tad" healthier than pure sugar.

## **There is a healthy form of sugar...**

There is actually healthy form of sugar which is called "fructose", it's a sugar that comes from fruit (fruit sugar) and your body reacts to it differently than regular sugar, honey, and brown sugar.

**You can find fructose in most health food stores**, and you should always use fructose as a sweetener, or you can use artificial sweeteners.

# **Diet Handbook**

## **Summary of What You've Learned**

This handbook has covered every IMPORTANT weight loss topic, and we've skipped the "gimmicks" and "hype" which won't get you anywhere.

Believe it or not the information presented in this handbook **is more than enough to let you take control of your weight and to totally change your body in just weeks.**

Some of the rules or information may seem too "simple" to work, but the truth is that it's often the SIMPLEST and most BASIC ideas that work the best.

The truth about weight loss is that you need to start practicing the FUNDAMENTALS presented in this handbook, getting back to the basic fundamentals is usually the right answer for most any sport or endeavor.

The media and diet pill companies try and give you nice sounding gimmicks for weight loss, but those gimmicks never work, if they did work you wouldn't be here reading this right now.

You CAN change your body no matter how overweight you are, **it's all about ONE pound at a time**, and the scale will start going down in just a few days if you begin using these fundamental dieting methods. **Good Luck!**

## **Diet HELP & Frequently Asked Questions**

**Question:** The DIET GENERATOR and the 10 RULES of WEIGHT LOSS are "different"... WHY?

**ANSWER:** It's not important to focus on why they are different from each other --- but basically they rotate carbs & protein DIFFERENTLY (but they'll both work well).

If you follow one then you obviously won't be able to follow the other one simultaneously, since both are a bit different. So just choose one or the other and follow it as closely as possible.

**Question:** Should I use the 10 RULES of WEIGHT LOSS forever? When should I stop?

**ANSWER:** You don't have to use the 10 RULES of WEIGHT LOSS forever.....just use them for as long as you need to, until you've become slim.

\*There are other sections of the handbook which tell you how to begin eating for the rest of your life after you're done dieting. It's important to remember that this handbook offers you dieting advice as well as other advice on how to eat for the rest of your life AFTER you're done dieting.

So please remember to read the ENTIRE handbook so that you can explore all of this great advice. Try reading everything slowly, and read everything several times.

**Question:** What if I want to eat a food which is not listed on the menu?

**ANSWER:** The menu provides MANY different types of foods, so anybody with allergies to certain foods can find MANY other alternatives.

If you want to eat a certain food which is not on the menu then we cannot guarantee that the diet will work as effectively.

Even if you are sure that a certain food is healthy we recommend not deviating from the diet menu. Unfortunately we cannot give email advice on particular foods.

**Question:** What if I have a diet question that is not covered in this Handbook?

**ANSWER:** Unfortunately we are not able to give "personalized" diet counseling services via email (or any other means) since we don't have the ability to answer thousands of email requests for personalized diet counseling services.

We do believe that our Handbook answers every important dieting and weight loss question, we cover every important topic of weight loss and you'll be just fine sticking to the diet advice given in this comprehensive handbook.