

5 STEPS TO A SUCCESSFUL DIET

"DIET" IS NOT A 4-LETTER WORD!

The word "diet" has gotten a bad rap. We have even given it new names like: "weight loss", "weight management" or "change in lifestyle"...**BUT** we still struggle with it.

Most everyone has had some negative experience(s) with dieting...complicated, temptations, "cheating"...poor results OR NO results.

The real truth is A DIET CAN BE SUCCESSFUL. No matter what name we give it. A diet should have realistic goals, be simple yet flexible, nutritious...**BUT** wait...more on that in the next section.

Note: Always consult your physician before beginning a diet. Set a goal of 2 pounds per week unless monitored by a physician. Results may vary. Do not reduce daily calories below recommended levels for your age, height and weight.

Excellent nutrition guidelines, portion sizes, calorie requirements.. can be found at:

www.choosemyplate.gov

SECTIONS INCLUDED IN THIS DOCUMENT:

STEP 1 – The MOST important step “YOUR WHY?”

STEP 2 – Requirements For A Successful Diet

STEP 3 – The Diet Exposed

STEP 4 – The Simple Program

STEP 5 – The Diet Multiplier

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THE MOST IMPORTANT STEP 1 YOUR WHY!

FIRST you need to determine **YOUR WHY!** Wanting to lose weight, look better, impress your old classmates, etc may not be enough motivation...**has it worked before?**

YOUR WHY must be so important to you, that you will sacrifice almost anything (including sodas & chips) to achieve it. **YOUR WHY** must be too important to be postponed or delayed any longer.

YOUR WHY has to be something REALLY worthwhile!

AS an example, my WHY is: my wife, my children and my grandchildren. Also to be able to enjoy gardening, woodworking and other activities without "aches & pains".

You need to **stop and consider what would drive you**, motivate you, push you on just by thinking about it.

STOP RIGHT HERE!

Do not proceed until you **determine YOUR WHY!** When you have **YOUR WHY** firmly written in stone.....write it down, post a picture of it, focus on it, visualize it, thirst for it.....**NOW GO AFTER IT!**

5 STEPS TO A SUCCESSFUL DIET

STEP 2 Requirements for a successful diet....

REMEMBER YOUR WHY!!!!!! Keep it in front of you daily.

A successful diet should be:

- **simple yet flexible for changing schedules/occasions**
- **nutritious and healthy**
- **something to get excited about**
- **AND produce results!**

I found a simple program that combines all the positives:

- **You CAN like the food!**
- **You DO NOT have to give up eating out!**
- **You DO NOT have to stop eating everything you like!**
- **Meal planning can be SIMPLE!**

PLUS++ is healthy & nutritious.....

- **NO artificial colors**
- **NO artificial flavors**
- **NO artificial sweeteners**
- **NO added preservatives**
- **contains the amino acid Leucine to retain muscle while losing fat**
- **is low on the glycemic index**
- **gluten-free**
- **non-GMO soy (non-soy option is available)**

AND HAS PRODUCED RESULTS FOR ME!

5 STEPS TO A SUCCESSFUL DIET

STEP 3 The Diet Exposed....

REMEMBER YOUR WHY!!!!!! Keep it in front of you daily.

1. REPLACE 2 MEALS A DAY WITH A SMOOTHIE

I replaced 2 meals-a-day with a delicious smoothie...flavors include chocolate, strawberry, vanilla and others. Usually I substitute for breakfast and lunch....but if I go out for lunch...I just substitute for supper.

For the first couple weeks I mixed with 8 oz. of whole milk. Then I started using skim milk. I didn't notice the difference and I had extra calories available for the rest of the day.

2. NUTRITIOUS & DELICIOUS SNACKS AM & PM

Snacks I have used are:

- cheese stick
- 1/2 or whole apple
- 1/2 or whole grapefruit
- oatmeal with fresh strawberries
- almonds
- fresh baby carrots
- 1/2 cup cottage cheese
- cereal or fiber bar
- 4 oz. fresh strawberries
- frozen natural fruit bars
- AND the list goes on.....

3. HEALTHY EVENING MEAL

Depending on how many snacks and how I have mixed my smoothies, I usually have 500-700 calories available for a good, filling supper.

We have often eaten out at restaurants that offer low calorie or heart healthy meals. You will be surprised at how full you can be with some of these heart healthy meals.

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You can also prepare foods you like at home...moderate portions...go easy on fats, butter, dressings, etc. Try to include vegetables, lean protein and go easy on the carbs and refined sugars.

You may also want to check out [THE DIET MULTIPLIER \(Step 5\)](#). I found that by using the diet multiplier technique, I could MULTIPLY MY RESULTS and have even better results.

My Daily Blog www.daves180.com

My Diet Website www.dacarlson.com

IF YOU WANT TO TRY THE PRODUCT>>>

[1 Month Smoothee Kit](#)

[1 Month Smoothees + Meal Replacement Bars + Snack Bars](#)

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STEP 4 The Simple Program....

REMEMBER YOUR WHY!!!!!! Keep it in front of you daily.

A program that I found, combines simplicity, flexibility, nutritious, is good tasting AND **ALSO PRODUCED RESULTS!**

This program also offers an **online app** that works with your smart phone to keep a daily log of meals, calories and activities. Also included are meal suggestions, recipes and progress report.

Meal planning is simple.....planning for in-between snacks is simple...no complex calculations for fats, carbs etc.

To be honest, I have not had any cravings for sugar, candy, sodas or fast food. Ask my wife, she will be totally honest with you!

I decided to weigh in & take measurements once-a-week. I don't even notice the up or down swings if they occur. **The important thing is making progress and feeling more energetic.**

I bought enough smoothee mix to last 1 month. One can has 15 servings....basically 2 meals a day for 1 week. So I purchased 4 cans in a variety of flavors. So far, I've liked them all...**but, I am partial to chocolate.**

If you have any questions, feel free to contact me. I may not be able to answer all your questions, but I will share the experience I have had. **dacarlson2@hotmail.com**

REMEMBER YOUR WHY!!!!!! Is YOUR WHY worth it? Then let's get started. You may also want to check out STEP 5 - THE DIET MULTIPLIER.

When you decide to try this program, you will have access to meal and snack suggestions, delicious recipes, success stories of others, even workout routines for better results. AND remember the phone app. which is a great time-saver to log your progress.

If you would like to check this program out....check these links...

1 Month Smoothee Kit

1 Month Smoothees + Meal Replacement Bars + Snack Bars

5 STEPS TO A SUCCESSFUL DIET

STEP 5 THE SECRET DIET MULTIPLIER

REMEMBER YOUR WHY!!!!!! Keep it in front of you daily.

Diet guidelines recommend setting a goal that will provide about 2 pounds of weight loss per week. Based on my weight and this goal, my target calories per day was 1450.

But I was amazed after 1 week, I had lost 7 pounds....after week 2..4 pounds.....after week 3...another 4 pounds.....**AFTER 5 WEEKS I HAD LOST A TOTAL OF 21 POUNDS** and my energy level was great!

Was this too fast? But my energy levels were increasing....I was less tired during the day and I awoke mornings ready to tackle the world! **I wanted to start walking and exercising?**

WHAT HAD I DONE DIFFERENT?

Besides the Smoothie program, I had also:

- started each day with a multi-vitamin+B-complex
- drank 6-8 glasses of water each day
- avoided refined sugar, candy, sugar laden juices
- avoided ALL SODA POP (including "diet")
- gave up most wheat (including bread, rolls, pastries, pizza)
- stopped eating the fatty, greasy fast foods

Which of these may have made the difference?

I don't know, but I will continue ALL of the above, until I meet my final weight goal. Then I will continue in moderation after I reach my goal.

REMEMBER YOUR WHY!!!!!!

Is it worth it? Then let's get started.....

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better results. AND remember the phone app. which is a great time-saver to log your progress.

If you would like to check this program out....check these links...

[1 Month Smoothie Kit](#)

[1 Month Smoothies + Meal Replacement Bars + Snack Bars](#)

[Smoothie Nutrition Info](#)

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