



*Rebel With a Fork  
Its Time to Bite Back!*

*Volume 1*

*How "Profits over People"*  
*is keeping you fat and sick*  
*and how you can Bite Back!*

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## **Introduction**

We have been brainwashed to believe that eating healthy is hard. Its not. It can be, if we make it hard.

We are barraged by cooking shows, showing us how to make dishes that take 20 steps and all sorts of weird ingredients. Who has time for that? If you believe that is what it takes to eat healthy – you probably won't even try.

Then there are the health guru recipes. Try putting that in front of your family and see how far you get.

People weren't fat in the 1960s.

Back then, people still ate real food that they made themselves.

Once you get it, you will change your life, and the life of your children – forever.

## **The way people really work -**

I've watched as people have gone through the process of losing weight and getting healthier.

I've watched as my sister and her boyfriend lost a lot of weight over the years. My step-mom lost a lot of weight. My daughter lost her excess weight. My neighbor is just starting the journey.

I've watched as tastes have changed over the years at our get togethers. It has been slower than I would have liked, but everyone seems to be growing into a healthier lifestyle – and I find that extremely gratifying.

It's a journey. Very few people actually jump in. They move through a little at a time, sometimes taking years. Drives me crazy, but that is the way it is.

**It is better to start the journey and make a little progress than to not start at all.**

How fast or slow you move is totally up to you. Move as fast as you feel comfortable with.

It tears my heart out to see so many people sick and suffering when they don't have to be. It has been my mission to make healthier eating easy and enjoyable.

My methods are not the perfect diet scientifically, but they are something you can live with and they work. I think that makes all the difference. I like to think that 80/20 is a good target.

After all, the perfect diet does no good if you won't stick to it.

I hope it serves you and your family well.

*Carole*

## **Oh No! Another diet and weight loss book?**

Actually, no. I like to think of it as the un-diet. Its how to eat wonderfully delicious food and never have to worry about weight the rest of your life. Seriously.

When she lived at home, my daughter and I wore the same size. Which made doing laundry interesting. The last time she came home for a while, I got her weight back down, and so far she's maintaining it.

Like anybody else, we've gained and lost weight over the years. At my largest, I was a size 14 before I couldn't stand it anymore and had to change. My daughter is short, so even 10 extra pounds looks bad. It seems for us that our natural set point is a size 3. We've been thinner too, but too thin doesn't look good either.

We don't diet. We don't deprive ourselves. We have an occasional pizza, or go out for ice cream. You won't find anything tofu or soy here. To sum it up simply, we eat an old fashioned balanced diet of real food.

The problem with dieting is that people think that after they've lost a few pounds they can go back to eating what they ate before. You can't go back to eating the way you did before and expect different results, right? You have to learn a new way of eating for life.

We know exactly what to do to stay thin and healthy without dieting or any other nonsense. And so will you!

## **What is different about eating now?**

The first thing you need to understand to win this battle is what you're really up against.

During the 1970s, diets started changing. Packaged and instant foods that took fewer ingredients to measure, and less time and effort to prepare started to get more popular. Over time, more and more of these products became available. Marketing screamed louder. Labs worked hard to make these foods taste better.

Did you know that in the lab, foods are formulated to have just the right amounts of sugar, fat and sodium to give them just the right texture and flavor so that you will eat more? That's right – not too much chewing, slides down, just the right pleasure neurons are fired... How's that for manipulation?

Today - Fast foods and prepared foods are all many people eat. Except that over time, there is less and less 'food' contained in these boxes, cans, and containers. It is a mix of chemicals, sodium, sugar, unhealthy fats, lots of soy, and increasing amounts of GMOs.

Is there anything in that list that your body can use?

Now it doesn't matter if the label calls it diet, low fat, healthy, or any of the other misleading labels. If your body can't use it, it has to do something with it.

With the toxic amounts, and the speed that people are filling their bodies with this stuff, the body can't get it through the liver fast enough to dispose of it. In order to avoid a toxic overload – guess what the body does with it?

You're gonna love this one. It stores it in your fat cells. Your fat cells are getting bigger, and bigger, and...

Have you ever had an abscessed tooth? Your body wraps up bacteria so lethal that if the abscess were to burst it could kill you. Same principle.

And since we don't give our bodies a break so it can clean it out, the storage just keeps getting bigger, and bigger, and ...

Now add to that the fact that people are not getting any real exercise to help break this stuff down, and not enough sleep time to allow the body adequate time to heal.

Now add some stress to keep the cortisol levels high. Guess what that does?  
Increases fat.

Now add to that the fact that there is little nutrition in these fake lab created foods. We're eating chemicals. Plain old common sense will tell you that is not a good thing. These chemicals are actually altering DNA and causing the incredible increase in allergies and disease. Some say they are a factor in decreased fertility.

### **Here are some of the things you are faced with if you eat a diet of prepared foods -**

#### **Sugar**

You're eating insane amounts of sugar. It used to be that a couple teaspoons of sugar a day was OK. Now there is some sort of sugar in almost every packaged food -fructose, dextrose, corn syrup... There's sugar in your soup and in your salad dressing. Can you say holy diabetes?

Type II Diabetes was known as old age diabetes caused by eating too much sugar in your lifetime. Now children are being diagnosed with it.

(When you do use sugar, make sure it says pure cane sugar. If it just says sugar, then it is from GMO sugar beets.)

#### **Artificial Sweeteners**

You might be proudly drinking 0 calorie pop. I've got some bad news for you. Current research seems to indicate that artificial sweeteners may be contributing to the obesity and diabetes epidemics. The exact things that they are supposed to be

solving. In addition, they can disrupt gut bacteria causing bloating, gas, and diarrhea.

Aspartame has been linked to [92 potential side effects](#). Though inconclusive, its enough to send any health conscious person running for the hills.

## **Soy**

Another darling in the fake food world is Soy. It is in everything! They told us soy was healthy. Here's the thing – in the body, soy mimics female estrogen. Go read your labels and think about how much female estrogen you are putting in your body every day. How much have your son and your husband eaten?

I apologized to my daughter recently. When she was a baby, they told us soy was a good alternative. She was so premature that my body did not make milk. I didn't know any better. Now I feel betrayed. The World Health Organization issued warnings about the over use of soy and female estrogen mimicking chemicals in the mid 1980s. Where is the media on that? Many people still don't know, or have chosen to ignore the issue.

## **Meat**

Meat is another confounding issue. You eat what they eat. They are being fed a diet of grain to fatten them up. Most of it is GMO corn. The dangers of GMOs are not fully known yet. We do know that it is not working as planned. The plants still build a resistance to pesticides, so they spray more and stronger ones. We do know that more and more pesticide residue is showing up in your food. Putting on the Common Sense hat - that can't be good.

The animals are given antibiotics to keep them from getting sick in the overcrowded and horrible conditions they live in. You are getting small amounts in your diet. Researchers are sounding the alarm bell saying that this is leading to antibiotic resistance and super bugs.

Even fish is risky. Fresh fish from the oceans are full of mercury. Fresh fish from anywhere is full of pollutants. Farm raised fish is fed the same grain and antibiotic diet as the other industrialized animals.

Meat is an area where most of us can only do our best to reduce our risk. I buy chicken that is labeled all natural and no antibiotics, though we know that the labels don't actually mean that thanks to FDA twisted rules. But truly organic and grass fed costs a whole lot more. And its not like we can grow our own.

Buy the best you can afford, and keep your portions at 6 ounces.

### **Going Vegetarian**

So, you think you might go vegetarian? Not so fast! There is a lot wrong with a vegetarian diet. Many well known vegetarians go back to eating some meat for health reasons. The last Pope and Angelina Jolie come to mind. Rotting teeth and no energy are the biggest complaints. But the other problem is that many people replace meat with not so good high carb choices and end up gaining weight.

There are nutrients that our bodies need that can only come from animal products. Most of your iron and testosterone come from meat. Protein is a misleading term. There are a number of proteins. Yes, there are proteins in broccoli and corn for example, but they are not the complete protein that our bodies need. The only single source of complete protein is animal products.

### **Sodium**

And you're eating insane amounts of sodium. Yes, sodium is an electrolyte and you do need some in your diet. The thing about electrolytes is they need to be balanced. Your body needs a delicate balance of sodium, potassium, and magnesium to function properly. Picture a 3 legged stool with one leg being 3 times longer than the other 2. It wouldn't stand very well, would it?

And in all likelihood, you are not getting enough potassium or magnesium, or the other 50 some nutrients your body needs every day.

## **Fat**

Let's talk about fat. Many nutrients are fat soluble, meaning they need to be eaten with fat for your body to absorb and use them – like your salad for instance. If you've gone to the trouble to eat a salad, you sure want your body to be able to use the nutrients, right? Otherwise, what's the point?

Your brain needs fat. Could the low fat craze be what is causing the increase in Alzheimer's and Dementia?

Fat activates your feeling full switch by releasing ghrelin and leptin.

So here's the rub, again. Most of the fats we eat are bad fats. Oils that have been heated and processed to where they no longer have the same make up. Even olive oil is bad once heated. Most of the oils on shelves and in packaged and prepared foods are GMO. Soy, palm, vegetable, and corn oils are examples.

Here's the ideal solution – organic butter or coconut oil for cooking. Olive oil for your salads. Eat more fatty fish, avocados, and nuts.

Use real butter even if you are not buying organic. The fake butters are chemical concoctions.

## **Your Hunger Switch is Broken**

Your body has natural mechanisms for turning off hunger- but with these chemical foods, the natural processes don't work.

Another reason that they don't work is that your body is hungry for nutrients – fuel. When you are eating these fake foods, your body is not getting what it needs. You can eat and eat and eat, and your body still will not be satisfied because it's not getting the proper fuel.

It used to be that all you had to do was count your calories and increase your exercise. But as you can see, its a little more complicated in today's world. Or is it?

**Just eat a balanced diet of real food.**

If you want a cheeseburger – make it yourself with lean ground beef. Real ingredients, no chemicals.

You want cookies? Fine. Mix up real ingredients and bake them. Real ingredients, no chemicals.

You don't have to stop eating foods you love, you just have to stop eating the fake chemical versions.

Get as many of the chemicals out of your diet as humanly possible.

The funny thing is, after not eating these foods for a while – you will find that your taste buds recover. That fake stuff will taste really nasty. You'll see...

It's really not that hard to change it all. It's just a change of habit.

You can cook a real dinner in about the same time it takes to pick up fast food, or cook instant foods. Really just a few minutes longer. But now, wouldn't you say it's well worth it?

So here is what you need to focus on -

- Get rid of as many fake foods in your diet as you humanly can. Eat real food. The best foods have no ingredient labels. Do the best you can afford. Try for organic as much as possible, including your meat.
- Get more real nutrition. You know – eating 5-9 servings a day of fruits and vegetables, and some protein.
- Limit sugars and refined carbs (breads, cookies, chips, most cereals, etc.)
- Reduce anything white and creamy (milk, ranch dressing, mayo, sour cream, etc.)
- Drop the pop – including diet

- Get 30 minutes of exercise in a day.
- Get 7-8 hours sleep.
- Reduce stress. The exercise can help with that.
- Drink enough water to keep your body cleansed and hydrated.

Now I know you want to lose weight, have more energy, get sick less often, and to look and feel great – not a degree in nutrition. The rest of this book will help you do just that – so let's dig in!

## Getting You off to a Fast Start

Congratulations on deciding to take back your life. You have decided that this is the year you will lose weight and get healthy so that you have more energy to actually enjoy life.

You have decided to take the smart approach – no hyped up and potentially dangerous fad diets, chemical concoctions, or miracle rainforest supplements for you!

You know that these miracle plans only set you up for failure. Once you stop the diet and go back to eating the way you used to, the same thing is going to happen all over again. Common sense will tell you that when you return to the way of eating that made you fat in the first place, you'll put all the weight back on – and more – and then you'll look for the next miracle solution. No – You're done with that path!

And you know that you can't last on the latest tofu and juicing program for more than 2 hours... Who really lives like that?

Note - I have seen reports of people getting wonderful results with a raw food diet for up to 30 days. (not longer)

No, you know that the only real solution is to learn to eat better all of the time. But you've been led to believe that its boring, too much work, and costs too much.

While most people believe that living healthy is boring, I'm here to tell you that it definitely is a lot more fun. It's very satisfying to not worry about weight, or sickness – to have enough energy to live your life the way you want to, and to look better than your peers.

No one ever complains about eating at my house. They know that they will be eating real food, that tastes real good.

In the beginning, it might *seem* to be more work, but really it's not. Its just different habits. If you time how long it takes you to get take out food, or wait for a pizza –

and compare it to how fast you can whip up a healthy meal, you'll find the healthy alternatives take about the same amount of time, and taste far better!

I love all these microwave foods where you have to microwave for a few minutes... then peel back the cover and stir, then microwave some more... then let sit for a couple of minutes... Really? What a pain! By the time you go through all of this, in a few more minutes you could have something much healthier, and tastier.

And now you'll actually have the energy to do something after you eat it! It will be like gaining a couple of hours a day.

Hey, I love a good fresh pizza once in a while. When you eat healthy most of the time – a pizza or a holiday dinner aren't going to do any damage. You just return to normal eating the next day. Isn't it frustrating when dieters come to holiday dinners? Oh, I can't eat that or that, or that....

Aren't you glad you don't have to be one of those stick in the mud people? Especially when you consider that these same people have been making the same spectacle for years. They haven't lost a pound.

Anyway, this is supposed to be a fast start guide, so let's get started.

## **What is your Why?**

This is an important aspect of reaching any goal. You have to have a big enough reason why you want to do it. Without a really good reason, you'll give up at the slightest little setback.

Take a piece of paper and hand write the answer to this question.

## **Why do you want to lose weight?**

Dig deep. What are all the reasons. Do you want to have energy to play with your kids? Do you want to feel good about your body when you try on close in the stores? Do you want to turn heads? Do you want to live?

What are your reasons?

Then take a few minutes and write out the answer to the next question. Don't just jot down a couple of mindless phrases. Really think about it and write down all the ways your life will change -

## **What will your life be like once you have mastered healthier eating?**

Really take the time to imagine the scene. Make it vivid. Picture what it is like when you have more energy. What will you do?

How great will it feel when you are shopping and trying on new clothes? Picture what it will be like looking in the mirror from all angles? How does that feel?

Picture the next family gathering when everyone is saying how great you look. How proud will you be?

Picture your next check up. The doctor is amazed at your levels! How does that feel?

Picture getting on the scale and seeing the perfect number for you. How happy will that make you feel?

Remember these feelings when you are tempted to let life get you off track. Make your health and happiness a priority.

- ➡ The next time you are too tired to make your lunch.
- ➡ The next time you are driving home from work thinking you don't feel like cooking.
- ➡ The next time you think you'll just skip making the salad.

Remember the consequences of not doing it. You don't ever want to go back there – do you?

When you have a bad eating day, and we all do – don't let that spiral out of control. Its OK to have a bad eating day once in a while. You just get back to your good habits the next day. Not a big deal.

## Track Your Progress -

**In order to measure your progress, you have to know where you started...**

The first thing you want to do is document where you are today.

Print out a copy of this page. Fill in as much information as you can -

Date \_\_\_\_\_

Weight \_\_\_\_\_ Target Weight - \_\_\_\_\_

Measurements - \_\_\_\_\_

Blood Pressure - \_\_\_\_\_ (target - 120/80)

Cholesterol - \_\_\_\_\_ (target - under 200 mg/dl)

HDL (good cholesterol) - \_\_\_\_\_ (target - Above 40 mg/dl)

LDL (bad cholesterol) - \_\_\_\_\_ (target - under 100 mg/dl)

Triglycerides - \_\_\_\_\_ (target - under 150 mg/dl)

Glucose - \_\_\_\_\_ (target - under 110 mg/dl)

Attach 2 pictures - a full body shot, and a close up face shot.

Keep this someplace handy where you can come back to it in 3 or 4 weeks and compare.

Now on to your quick start plan!

## **The Plan -**

I'm going to give you a plan that seems to go against everything you might believe about getting healthy and losing weight. I'm going to ask you to eat A LOT for the next 3 weeks. Actually, I hope you continue this plan forever, but make a commitment to stick with it for 3 whole weeks for right now.

You might ask "why do you want me to eat so much when you KNOW I'm trying to lose weight? Are you out of your mind?"

Good Question. Here's what this plan will do for you –

- ..Start your body's healing process.
- ..Build up your nutrient storehouse.
- ..Kick start your metabolism by training it to burn food as you eat it.
- ..Leave little room for eating foods that are no good for you.

These are guidelines. I've tried to give you enough choices to help you get started, and to keep you from getting bored. You'll adapt them to your own tastes as time goes on.

The basis of the plan is to get you eating more fruits and vegetables more often, and some protein and some carbs. And even a few treats so you don't feel like you're dieting – because you're not! You're learning a healthier way to eat.

## **How fast do you want to lose weight?**

The guidelines that follow will help you lose 2-5 pounds a week on average. Your results may vary depending on your portion sizes, whether you are getting exercise and sleep, and other variables.

The fastest way to lose weight is to cut out gluten, pop, and alcohol. Eat mostly raw or lightly steamed vegetables with 3-6 ounces of lean protein, make water your drink of choice, get some exercise, and get enough sleep.

Not many people can do nothing but salads and lean meat for more than a couple of days – so here is an easier to live with, more satisfying plan -

## **Eat Real Food!**

The obesity problems are new. The timing coincides with the increasing popularity of commercial foods. These foods are made largely of chemicals, fat, sugars, sodium, and dyes. They have little if any nutritional value. They are scientifically engineered to make you want more.

Stop eating these fake foods, and your battle is half done!

Your goal from now on is not to count calories. Your goals are to do your best to eat only real food in moderate portions, and to make sure you are getting your 5-9 servings of vegetables and fruit every day.

Next – make a list of the good foods that you and your family enjoy eating so you can begin to create meals based on your favorite foods. The easiest and most fun way to do this is to print out the healthy foods book that you also received. You can also find the list online here...

<http://CommonSenseLiving.com/members/index.php/healthy-eating/healthy-foods-a-z-mainmenu>

Have a family gathering and let everyone pick their favorite foods – and read about all the great things those foods will do for your body. Then everyone will be excited about eating healthier!

Now if you want real commitment, have everyone initial the foods they like.

Then go through the [recipe database](#), and find recipes using the ingredients you picked. You really can throw together a healthy dinner in like 15 minutes once you get good at it. I rarely make anything that takes longer than 30 minutes – I just don't have time.

If you have any questions, feel free to drop me an email at [Carole@CommonSenseLiving.com](mailto:Carole@CommonSenseLiving.com)

OK, ready to dig in further? Let's move on to the next step -

## **What to Eat – When**

This plan is based on eating a combination of foods every 2-3 hours. Do not skip or skimp. You are training your body to burn food more efficiently, so it doesn't turn to fat, and you'll maintain a high level of energy throughout the day.

Breakfast is where you kick your body into gear. You need energy and a clear head!

Start your day off with a glass of water. It helps kick-start your body.

### **Breakfast –**

Grape or orange juice **AND**

Cereal or Oatmeal, or Toast, or 1 egg, **AND**

Fruit, **AND/or**

Yogurt, **AND**

Green Tea or Coffee

So you could have a glass of juice, an egg, a slice of toast, a piece of fruit, and a cup of coffee. Or glass of juice, toast, fruit, yogurt, and tea.

Other ideas for the 'main course'

- My daughter likes to mix granola and fruit into some plain vanilla yogurt.
- I like to have a waffle with a ¼ cup berries.
- Sometimes we'll put the egg on the toast with some cheese.
- A hot trend around here right now is an English muffin with peanut butter and honey.

This may sound a little carb heavy. Remember that carbs are energy. Eat your carbs early in the day when you will burn them off.

A whey protein shake made with almond milk and some banana and berries is great nutritionally, but I find it doesn't hold me until morning snack. You can try it and see how it works for you.

## **Snack –**

When snacking, ideally you want to try to have a fruit or vegetable, or a juice – AND a little protein. The most important thing about snacking though is keeping your sugar and energy levels consistent throughout the day. Even if you keep some baked crackers or a granola bar at your desk – be sure to eat something for a morning and an afternoon snack.

Glass of Water, **AND**

List One – Pick any 2 -

- Apple, Banana, or Other fruits
- Veggies (you can have a little dressing as a dip)
- Yogurt
- Nuts (handful only)
- Fruit or vegetable juice

Or choose from list 2-

List 2 – Pick one only-

- Peanut Butter with baked Crackers, or with fruit or celery, **or**
- Baked Chips and Salsa, **or**
- Hummus and baked crackers, **or**
- Cheese with baked crackers, **or**
- Hard boiled egg (limit 1 egg per day), **or**
- Yogurt and fruit smoothie, **or**
- Chocolate milk, **or**
- chocolate (1 time a day) **or**
- Protein Shake, **or**
- Smoothie, or
- Small slice of banana, pumpkin or zucchini bread.

## **Lunch –**

Time to recharge your energy and nutrient levels!

Tomato Juice or Tomato Soup, **AND**

Salad with lots of veggies AND some protein – like chicken, **or**

Tuna Salad on Whole Wheat – no extra mayo, with lettuce and tomato, **or**

Chicken or Turkey sandwich on whole wheat – no mayo, or easy on the mayo if you must, with lettuce and tomato, avocado, and cheese if you wish, **or**

Subway sandwich, **AND**

Something to drink – other than pop.

You may add pickles or olives. You may eat as many vegetables as you wish. You may add fruit.

Not allowed – French fries, chips, sweets, pop of any kind – including diet.

## **Snack –**

see above snack listing, AND Water

## **Dinner –**

Dinner should consist of a salad, a vegetable or fruit, and a bit of protein. You should be getting 3 or 4 servings of fruits and vegetables with this meal.

Salads usually count for 2 or 3 servings by themselves, depending on what you put in them. Use dressing in moderation. It's best to make your own, but let's not stress about it. Use regular dressings, not low-fat. Remember that many nutrients need fat to be absorbed. Really try to stay away from ranch and creamy dressings for now. Add fresh ground black pepper for more flavor. Another trick is to take one Texas Toast Caesar crouton and crumble it over your salad.

For this few weeks, try to stay away from gluten, potatoes, white or creamy dressings, sugars, corn syrup, and pop. The fastest way to lose weight is to cut out these foods. You can add these foods back in later in moderation. Except the corn syrup and pop. Try to stay away from those forever.

**Dinner -**

Water **AND**

Cranberry Juice or a glass of red wine, or tea, **AND**

3-6 oz serving of chicken, fish, pork, or lean beef (limit beef to 2 times per week)  
(not fried – sautéed or grilled is ok), **AND**

Salad with low fat dressing (not no-fat), **AND**

Vegetable side, and/or fresh fruit

In the beginning, you can change up flavors by using different seasonings.

These are optional add-ons if the above is not enough food for you – Pick one –  
Baked potato, or baked sweet potato, or beans of any kind, or French or Italian  
bread with olive oil, minced garlic and Parmesan for dipping. But bear in mind that  
skipping the additional side dish will speed up your weight loss.

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If you find that you're getting too thin, add more carbs – but within reason. You  
don't want to get into a yo-yo situation. In time, you'll find your perfect balance.

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And example of a great dinner would be –

A tossed salad with dark green leaves, broccoli, carrots, tomatoes, onions...

Fresh green beans, or cantaloupe, or fresh pineapple, or watermelon...

Sautéed or grilled - seasoned or marinated chicken breast

Baked sweet potato

Dessert - optional – you might be quite satisfied already.

Berries

Grapes

Melon

Yogurt

Banana

Fruits with yogurt or one scoop of ice cream

Fruit and yogurt parfait

End up with another glass of water.

You know the kid size serving of ice cream? The one scoop in the little sliver bowl? That used to be the normal dessert size. That is how much you should be eating.

After the initial 3 weeks, you can slice a banana or berries and put on a piece of unfrosted cake or ice cream – things like that. Shredded coconut is good on ice cream too, or granola. Just don't get carried away. A normal size piece of cake, not half the cake. One scoop of ice cream, not half the container. OK?

Try not to eat anything after 8 PM, or 2 hours before going to bed.

Remember that these are guidelines – not written in stone. I actually drink my cranberry juice before bed, before I brush my teeth. Why? Because cranberries help remove plaque from your teeth and your arteries. They also help prevent leg cramps. And you thought they were just for urinary infections.

Once you brush your teeth – eating is over for the day!

You'll also notice that I recommend juices. I personally have found orange juice, purple grape juice, cranberry juice, and tomato juice to be beneficial. I try to have at least a glass of orange juice, and a glass of cranberry juice every day. Green tea has enough nutrients that as far as I'm concerned, it can fall into the fruits and vegetable category. A cup of green tea a day has been scientifically proven to help your body in many ways, and it is calming. I should drink more tomato juice, but I don't like it everyday. Like I said, you'll adapt these guidelines to suit your own tastes.

After the first 3 weeks -

During the first 3 weeks, I want you to keep it simple. Get in the groove so to speak. Not only will you lose weight, but you'll get in the habit of taking something out for dinner, and making a salad every night.

But after 3 weeks, you are probably going to be ready to expand your menu. Some of our go-to favorites are -

- Chicken Wraps with some fruit on the side
- Steak, salad and baked potato
- Pork chop, fresh green beans, baked sweet potato
- Chicken Fajitas filled with green and red peppers and onions
- Barbequed Chicken Sandwiches with a salad
- Tuna Salad Subs with a salad
- Unbaked Mostaccioli with a salad
- A homemade cheeseburger with maybe chopped olives, avocado, lettuce tomato, onion...
- Chicken Teriyaki with vegetables

Simple grilling is always good too. Make a salad while your meat is cooking and you are good to go!

Can you tell we like good food? We really like to eat. We like being a size 3 too. This is how you do it.

Things to bear in mind -

Pasta sauce tastes better if you make it the night before. The added benefit is that dinner tomorrow will be on the table really fast.

Salsas and marinades need to be prepared at least 2 hours ahead of time.

I'm not much of a crock pot user. It takes getting up earlier and putting things together before work. You're still putting in all the effort to make dinner. But it is nice to come home to dinner ready. I haven't found that many recipes that I really like made in a crock pot. I make stuffed cabbage or split pea soup and that's really it for my crock pot cooking. But that doesn't mean you won't like it. Especially if you are a morning person.

Your goal is to not use packaged or prepared foods. You want to know what is in your food, and the only way to do that is to make it yourself.

Just by changing over to homemade food you will have cut your calories, sugars, sodium, and your exposure to numerous chemicals. Just that will make you thinner and healthier.

You might have raised your eyebrows when you saw a cheeseburger suggested. My burgers are simply a patty made of lean ground beef and seasoned. That is it. I make about 1/3 lb. burgers. They turn out juicy and delicious. Keep it real, and simple.

As time goes on, you will want to move to organic as much as you can afford. You can get organic lettuce and spinach at most grocery stores, and it's not terribly expensive.

You might even want to grow your own food. Nothing is better than home grown.

We have a horrible sweet tooth around here. Again, when you make it yourself, you know what's in it. There won't be trans fats, multiple sugars, and a bunch of chemicals. And of course, it tastes so much better.

All of my recipes are here –

<http://CommonSenseLiving.com/members/index.php/recipes> Seriously. I can't close the site down until I get all of the recipes copied into books, and that won't be happening anytime soon...

There's a few more things you need to know about weight loss -

## **Exercise**

The number one rule of losing weight is to consume fewer calories than you burn. That would mean that you have to do something to burn calories, right?

You need to be moving 30 minutes a day. That can be taking a walk or, walking the dog or, playing rigorously with your kids or dog, or cleaning house, or playing a sport (including bowling, golf, tennis, swimming...), or doing exercises. Running up and down stairs is great exercise! Your exercise can be one session of 30 minutes, or 3 sessions of 10 minutes each. It just has to add up to 30 minutes a day.

It really is as simple as taking a walk every day. My brother-in-law has lost close to 100 pounds since they got the dog a couple of years ago (along with improving their diet of course.) Years ago I used to work at the mall. I would talk to some of the mall walkers. One little lady told me that she had to stop walking every day because she had lost too much weight!

It doesn't have to be hard. Don't fall for that.

It's important to keep flexible. You should be able to touch your toes. Slowly work on it until you can. Do not hurt yourself. Just a little bit more every day. You should also do stretches overhead to keep your upper body flexible.

The next step up is resistance bands. Just doing curls 3 times a week will bring great results. I'm all for easy! You must not do resistance bands every day. Allow a day in between.

If you do want to work a little harder, you can do weight training to tone and define so you really look awesome!

So, walk, stretch, and resistance bands for starters.

## **Supplements**

Because much of our food doesn't have the same nutrient value it used to, you need to take vitamins to make up the difference. Take a good multi-vitamin/mineral supplement, plus an extra Vitamin C, and Vitamin E.

Women, add calcium with Vitamin D and magnesium.

Make sure your multivitamin has good quantities of most vitamins and minerals.

It's highly recommended to add an Omega 3 supplement of some kind if you are not eating fish, nuts, or olive oil every day. If you're not a big fish eater - you can get omega 3s by eating ground flaxseed or taking fish oil. If using ground flax seed, they must be ground right before using. If taking fish oil, keep the capsules in the freezer to help avoid fish breath, or buy the encapsulated ones that specify on the label that you won't get fish breath.

Studies have shown that taking omega 3s and getting exercise 30 minutes a day helps speed up weight loss.

Buy the best quality vitamins that you can afford (within reason.) Don't stress too much about it. Remember, you are supplementing your diet as added insurance. Vitamins do not take the place of a healthy diet.

Forget about weight loss supplements. They are dangerous, and they are only a short term option at best. You have to learn how to eat right.

## **Sleep**

It may seem backwards, but you need to get enough sleep to lose weight. And you certainly need to get enough sleep for your body and mind to be able to heal and regenerate itself. You know the amount of sleep that's right for you, but most people need a minimum of 7 hours. I personally don't recommend more than 8. At least for me personally, after 8 it seems to be detrimental. But again, you have to listen to your own body's rhythms.

It seems weird that sleep would have anything to do with losing weight, doesn't it? Sleep is vitally important for your body. It is the time that it heals and rejuvenates. When you wake up from sleep, you should be ready to go for the day.

Except that most people don't get enough sleep. So what happens?

Your body requires more fuel to make up for your lack of sleep. You will naturally crave carbs, because carbs are quickly converted into energy. Seems logical.

But when excess carbs are not burned, they are stored as fat for use later. Wouldn't you rather be burning the fat you've already got stored?

If you want to have fewer bad carb cravings, get more sleep!

## **Stress -**

Stress is not directly correlated to weight gain, but we all know about stress eating. When you combine a lack of sleep and stress, you may find yourself wanting to eat every minute of the day!

The other thing stress does is release a hormone called cortisol. It is the so called fight or flight hormone. Your body is not meant to be in that state as much as it is.

How your body reacts to stress is highly individual. You may gain or lose weight. You may develop heart disease or diabetes. No matter how your body reacts, prolonged stress can eventually kill you. It certainly kills your spirit.

The good news is that proper nutrition, exercise, and sleep all help to reduce stress!

## **Drinking Calories**

You may not think about the fact that what you are drinking contains calories.

- An 8 oz. serving of juice typically contains 110 calories
- A juice only smoothie is around 130 calories
- Smoothies in general start around 250 calories and can go up a lot depending on what you put in it
- Fresh squeezed lemonade comes in at just under 100 calories
- A black cup of coffee is 2 calories
- A cup of coffee with cream and one sugar is 36 calories
- Wine on average is 120 calories
- Light beer is about 95 calories on average
- Regular beer starts around 140 calories and can go up to close to 200 calories for certain kinds
- Mixed drinks can range from 130 for a regular martini to 500 calories for a Pina Colada
- Regular pop is about 140 calories, but don't be fooled by diet pop. It may say 0 calories, but your body responds as if it was the real thing. Your insulin levels spike just as if you had real sugar, and don't forget our earlier discussion about what your body does with the chemicals it can't use.

Now think about this -

If you have something to drink every couple of hours, you are looking at 8 drinks a day. Even on the low end of the spectrum, you are looking at 800 calories.

Drink more water!

Of course there are more benefits to drinking water besides zero calories.

It helps hydrate your entire body, making it more efficient. Your skin looks better. Your joints work better. You think better.

Picture a dry sponge. Is it good for anything dry?

Water also helps your body flush out toxins and fat.

Your body needs water. Find ways to drink more.

I like to keep water handy to sip on throughout the day. I have a stainless steel water bottle I keep with me when I'm out. At home I leave a glass of water on the table so I'll think to drink some as I pass by.

Once a day you might want to squeeze some lemon in your water. Not too much. While lemon has a lot of health benefits, it can be bad for your tooth enamel.

Now it is possible to put too much stress on your body by drinking too much water. The recommended formula for how much water you need is to take your body weight and divide in two. That is how many ounces of water you should drink a day. So when you weigh 130 pounds, you should drink 65 ounces of water a day.

## **What cravings are trying to tell you**

We experience cravings when your body needs something. It's your body's way of trying to communicate.

Unfortunately, people just get the 'I'm hungry' part of the signal and grab whatever is handy and shove it in their mouth.

A little while later, the body still hasn't gotten what it needed – so it tries again.

Again, you shove something in your mouth. Again, your body isn't satisfied.

What the heck is going on?

You have to start doing a little detective work before you eat an extra 1000 calories!

First, drink some water. Many times you are just dehydrated.

If you are craving a specific food, there might be a nutrient that your body is lacking today.

If you are craving chocolate, you might be low on magnesium. Or you might be getting your period and need more selenium.

If you are suddenly craving fried chicken or french fries, your body might need more fat.

If you are craving carbs, most likely you haven't gotten enough rest and your body needs fuel.

If you are craving potato chips, you might actually need some salt – especially in hot weather. Once you are eating natural foods, you will have cut your sodium consumption to almost nothing.

I find that if I skimped on the veggies at dinner, in a couple hours I'm craving cake and ice cream.

It would be nice if our body could just tell us what it needs. That would make it so much easier.

Once you are taking better care of your nutritional needs, you'll find that you have far fewer cravings.

## **What if you don't like vegetables?**

This is a big one. People think they don't like vegetables. They think that their kids don't like vegetables. I have to tell you, that most of the time – you are the problem.

I volunteer for a fund raiser every year. I usually serve the salad. Imagine that... So this little boy is holding his plate out for me to give him salad when his mother comes up and pushes the plate away saying, "he doesn't eat salad." I was flabbergasted and heart broken. Maybe he would, you know?

I had a girl I worked with tell me often that her kids wouldn't eat anything green. I told her they would if they saw her eating it. I told her to put it on the table without comment. Don't force it. I ran into her a couple years later and she told me her kids LOVE broccoli!

My daughter never liked iceberg lettuce, but she loved spinach.

She liked broccoli, carrots, and asparagus. Me? Not so much.

In the beginning, I had to drown my salad in dressing to eat dark greens and spinach. I could eat a whole bowl of broccoli if I had plenty of Catalina dressing to dip it in. Camouflaged is better than none at all.

My sister wouldn't eat vegetables either. She would eat a salad once in a while. I had her start throwing broccoli into her salad. It just grew from there. Now she eats her vegetables!

Home grown and farm stand vegetables taste better. The difference is incredible. I grew radishes one year. My daughter turned up her nose. I pulled one out of the ground, washed it, trimmed it, and gave her a just a little slice to try. She ate the whole thing.

You have to be willing to try new things. Try different ways of camouflaging (I mean preparing,) to see if you can find a way you like to eat it.

I still don't care for asparagus much, but I can eat it roasted with a little olive oil, garlic powder and Parmesan. Pickled is awesome believe it or not.

Fajitas are great. Once the peppers and onions are marinated and grilled, they are delicious.

Juicing and green smoothies are a great way to get vegetables without tasting them. The fruits almost completely cover the taste of greens. Except kale. Kale has a very strong flavor. Spinach works great. You can eat a whole cup of spinach and never taste it!

You'll also find that your tastes change over time. Be patient with yourself.

### **Easy Ways to Get Your 5-9**

I think the thing people struggle with the most is the 5-7 fruits and veggies a day part. Here's a formula to get you started- and remember, a serving is ½ cup. (exception- a serving of leafy greens is a cup)

- 1 glass of juice in the morning.
- 1 fruit, either at breakfast or for morning snack, or both.
- Fruit or salad or ½ cup of some sort of veggie at lunch. (you could cover 2 servings here.)
- Fruit or juice in the afternoon.
- Tossed salad, or 2 vegetables, or 1 vegetable and one fruit at dinner.
- Put fresh fruit on your ice-cream or cake.

While you're waiting for dinner to cook, wash and cut up some fruit and put in containers for easy snacks. Don't cut up more than you'll eat in the next 24 hours. It stays fresher uncut. Fruits and vegetables lose nutrients quickly once they are cut. Don't feel guilty about popping a few pieces in your mouth while you're doing it.

Here are some quick serve choices-

Fruits-Grapes, strawberries, raspberries, blueberries, cantaloupe, honeydew melon, watermelon, bananas, cherries, fresh pineapple, oranges, tangerines, pears, peaches, apples...

Veggies- Leaf lettuce, spinach, carrots, broccoli, cauliflower, tomatoes, onions, fresh green beans, all colors of peppers, mushrooms, cucumbers, celery, radishes...

### **Camouflage is OK –**

You'll come across all kinds of healthy eating nuts that believe that you should eat all of your vegetables raw and plain. Salad dressing, butter and salt are all big no-no's for these extremists. I have some bad news for them. You need some fats for your body to absorb all of the nutrients in the vegetables you're eating. So There! And here's another newsflash – most people won't eat vegetables at all if they have to eat them that way.

I'm not saying it's OK to drown your vegetables in butter and salt, but if you toss in a little butter and salt for flavor, it's ok. If you put regular salad dressing on your veggies, it's OK.

Whatever you need to do to get yourself and your family to eat vegetables, do it. If I serve broccoli salad that contains mayo, and sugar, and bacon, and I get people to eat a cup of broccoli that they never would eat otherwise, so be it.

If you have to have a little sugar on your strawberries, go ahead. It's better to get the strawberries in than not eating them at all. Growing up, one of my favorite things at breakfast was an orange cut in half and sprinkled with sugar. You'd scoop the orange out with a spoon to eat it like you would a grapefruit. Another favorite was sliced bananas in milk, again sprinkled with sugar. (I was raised by a southern family.)

The real problem today is all of the sugars we're getting in packaged foods. Cut out the packaged foods and fake stuff, and replace with real food and you'll be just fine. When you use butters, sugars, and salt – use real stuff (you want pure cane sugar), and use it in moderation. Extremism never works. Moderation works like a charm!

## Mind tricks

Tell me what is wrong with this picture.



It looks like there is not enough food, right?

So your mind is stuck on the thought, that is not enough food.

In reality, that is the perfect amount of food and you would be filled. The problem is the plate is too big.

Now here is essentially the same amount of food on a 10 inch plate -



Looks a lot more satisfying, doesn't it? (that is one of my favorite fast dinners)

I wouldn't go smaller than a 9 inch plate. I think that using a plate that looks too small would have the same negative effects as the too large plate. It just doesn't look right.

Another thing I do that people find odd is that I serve off the stove. Not only do I not put extra plates and bowls on the table, but I portion the food out on to the plate, and put it in front of them.

If you want more, you have to get up and get it. Its not sitting there in front of you inviting mindless eating.

Speaking of mindless eating -

Do not take a big bag of chips, or a package of cookies and plop down in front of the TV. You will eat the whole thing without even realizing it. Always portion your food.

### **One last mind trick -**

What do you look like to others when you are eating?

One time I went out for lunch with a girl from work. She was large. She would always tell me that she is really trying to lose weight and that she doesn't eat that much.

So, from someone trying to lose weight, I expected her to order accordingly. I don't remember anymore what she ordered, but I have vivid memories of her hunched over a huge plate of food, shoveling it in. I was horrified. Not only because this very nice but large woman was literally stuffing her face and lying to herself and everyone else, but we both had decent positions. I expected a little more class.

Ask yourself what others would see if they ate with you.

I saw this suggestion somewhere, and it even makes me uncomfortable. When you are alone – eat in front of a mirror. See what others would see.

### **OK, I just thought of one more**

We always ate at the table. During that time we would leisurely eat and talk. We enjoy our food, and conversation.

So many people eat in front of the TV.

So many people rush to get through the meal and get done.

The funny thing is that in about 5 minutes you can rush and choke your food down and barely taste it. You can slow down and make it a point to enjoy the food and connect. That may take 10 or 15 minutes.

Taking those extra few minutes is better for your digestion. Taking a few minutes to actually taste and enjoy your food will make you happier. The conversation will make you feel more connected.

What if you're alone?

My daughter is now grown and out of the house. I take my plate of food to the table and usually watch the news. I find that if I take my food to the desk and do other things while I'm eating, I barely even remember eating.

Slow it down. Enjoy your food. Really taste it.

When you combine eating real food with taking time to actually taste and enjoy your food, in time you will find that you no longer like the foods you used to eat. Hard to believe, but its true. You will actually start to taste the chemicals. The super sweetness of packaged foods will revolt you.

That's when you'll know you are free.

## **That's it –**

Follow this for 3 weeks and see how you feel. My guess is you'll feel better after the first week. Your skin will start to look better. And you'll be losing weight.

After 3 weeks, take another set of pictures and compare.

Now, take it one step further and work healthier eating into your life permanently!

## **Planning is the key to your success**

The first secret to making this stick is to always have dinner planned. Take the meat out of the freezer the night before. This way you don't have an excuse. You'll also feel like you have to go home and cook that meat so it won't spoil.

I guarantee you, if you don't have something planned, you'll be looking for fast food on the way home.

It is also essential that you have a collection of fast and easy recipes. If it's too hard or too much work, you won't want to do it. The [Members Area](#) is there to help you with more information and tons of fast and easy recipes.

And lastly – If you eat healthier most of the time, you don't have to feel guilty about a pizza, a holiday dinner, or an occasional trip to the ice cream shop. You don't have to be a stick in the mud. Just get back on track tomorrow. No big deal.

While this is presented as a weight loss book, it really is a healthy eating for life plan. You will have reduced your risk of many diseases, you'll get sick less often, you'll have more energy, and you'll look great! Talk about bonuses!

Now here's one more thing – in order for this to work, you have to do it. Please don't close the book and leave it forgotten on your hard drive. It may seem overwhelming at first, but you'll get the hang of it. I was a single mom for 20 years. Now my daughter is married and doing it. It's really just developing different habits. And then passing those habits on to the next generation. What a great gift, don't you think?

Questions? Just drop me an email at [Carole@CommonSenseLiving.com](mailto:Carole@CommonSenseLiving.com) anytime!

Feel like bragging? Send in your results! I'd love to hear about it!

Take Good Care of Yourself,

*Carole*

*For more resources and recipes, visit the members area at*

*<http://CommonSenseLiving.com/members>*

*Hooray!*

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