

DAY 29

Hi All,

First day of add more food and just to go over again the eating plan is

BREAKFAST 2 proteins, 1.5 fruit or grain and 1 calorie free beverage.

LUNCH AND DINNER

Days 1-3 1.5 protein, unlimited lettuce, 1 vegetable, 1 fruit, 1 calorie free beverage,
and 2 miscellaneous

The most common comment I get at this stage is how do I eat all this food. Well that is exactly how you want your body to feel. You want it to feel there is plenty but in a controlled sense. Please remember EAT IT ALL!!!

This is a very critical part of our Healthpointe program because we have spent the last 4 weeks with some radical dietary changes and some rapid fat burning. This takes care of the input part of the equation

-Energy in minus energy out equals weight loss (or gain)

-The second part of the equation is to understand and boost our energy out.

Let me explain. We have been very strict with eating and combining protein, vegetables and fruit even though we have been in a food restricted state. We have also demanded snacking and supplementation with nutriway. This is to maintain our metabolism as much as possible. On most diets people simply consume less and their metabolism declines rapidly. This leads to compensatory weight gain when the participant comes back from the diet. This is only bad when you realise that your basal metabolic rate is responsible for 80% of your bodies energy burnt, yes 80% of your daily energy usage is your body simply maintaining itself. Wow! We have to look after this. That is why the emphasis on getting the balance of food stuffs right and adequate supplementation with the best available. We must give our body the least reason to shut down its metabolism.

These next 2 weeks we are looking after the 80%. Only 15% of the average energy burnt is due to exercise so to be a successful long term "Healthpointer" one MUST add more food strategically.

So need I say it again, eat it all at each meal, supplement with the nutriway pack (double x, omega 3 and concentrated fruit and vegetables) and snack. Look after the 80%!!

Talk tomorrow,

Jamie