

PEERtrainer MASTERMIND:

The Ultimate Weight Loss

Support System

The logo consists of the letters 'MM' in a stylized, outlined font, enclosed within a white square with a thin black border. The square is positioned in the upper right quadrant of the page, with a horizontal line extending from the text 'The Ultimate Weight Loss' to its left side.

MM

Week 1

How You're Going To Win:

The Food Formula

PEERtrainer™

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This information is intended for the sole purpose of participants in the PEERtrainer MASTERMIND. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

Week 1

How You're Going to Win: The Food Formula



- **Mastermind.** The ultimate weight loss support system. We combine support, knowledge, community and ideas, and we help you actually DO what you know. You will get the tips, tricks, techniques and all the know how. You've had the theory. Mastermind gives you everything you need to put it all together.

- **Napoleon Hill has a great analogy:** Think of a battery. "It is a well known fact that a group of batteries has more power than a single battery." This is a scientific principle: When you gather nodes of energy, the power increases exponentially. This mastermind is coordinated in purpose and harmony, and the power created through this becomes available to every individual in this group. This is the most powerful force in losing weight you can harness.

The Mastermind presents to you the best weight loss, fitness and health in bite size pieces delivered to you in an easy manner.

You will hear from the world's experts at making healthy food taste incredible even if you're too intimidated to even boil an egg. You will learn how to do this anywhere, when you're out at lunch, on vacation, or with company in your house. We have top nutritionists. Top athletes. Top experts in peak performance living. We will teach you how to move forward no matter what kind of life you live.

- Our challenge is to not overwhelm you. We have so much to teach you, but it's got to be broken down. Or you're going to get overwhelmed.

Following our path gets you in the frame of mind to absorb the knowledge of the MASTERMIND but most importantly, put it into action.

Week 1

How You're Going to Win: The Food Formula

• I know who you are because I started this company to solve my own struggle. Many of you I literally know who you are. I read your emails, I chat with you on facebook, I have been in groups and teams with you. I know you like details. You want to know everything now. You want to be certain this will happen. Follow my lead and it will.

Three step plan for the week:



I'm going to focus on your diet – because it's the one thing totally in your control. Week after week, I will be focusing on everything else that goes with it:

- exercise and your stress (positive and negative)
- your nutrient levels and if your body is actually absorbing those nutrients
- your aerobic function,
- your tendency to go into overwhelm,
- your sleep habits
- your sugar cravings
- your tendency to be “good all day” and eat all night
- how to make good tasting food when you're busy and don't feel like doing anything
- how to get energy and why you don't have energy
- how to look younger and feel fit with energy all day long
- and everything that keeps you from meeting your goals-- but the **starting point** is essential.

Food is something you can focus on right now and you can control 100%. Good choices will give you a better functioning body. I have confirmed this with successful people I've worked with and on PEERtrainer: get food to work for you and **everything else** starts to get easier.

Week 1

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So here is your 3 step plan for the week:



1. A way to measure progress. Get out a scale or buy one. Pick the same time, every time. I definitely recommend weighing every day or pulling your favorite jeans out of your closet. You **must** have a way to measure your progress. You might think you're on track, but you don't know until you have confirmation. You don't understand that the smoothie with 2 bananas, 3 dates, hazelnut milk, an apple is not working if you don't have a way to measure your progress.



Warning about the scale!

When you've been eating high salt, or gone out, not enough sleep or anything going on, the scale could be out of control. You must follow the trend.

Sometimes when you start, weird things happen.

The most successful people look for feedback and take action based on it. You want as much feedback as possible.



2. Portion control. Many people have portion distortion. You eat relative to your boyfriend or maybe you never had it in the first place. Maybe you're now vegan so you think everything you're eating is healthy so you can eat it in unlimited amounts. If you eat 3 avocados a day and unlimited fruit, you will be frustrated with your results. You've got to get a handle of what portion size is and this next step will help you.



• **Increase the vegetables.** Dr Fuhrman is right. Whole Foods Market built their entire internal food scoring system around Fuhrman's interpretation of research. His recommendations are tested in the PEERtrainer success lab. Remember over 30 million people have come to PEERtrainer over the last 4 years. >>

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If you're over 35, you must increase the vegetables especially since you've probably been at a deficit for years. Vegetables make you full. Remember the visual stomach example from the audio.

Every meal, snack should look like this:



75% vegetables/high nutrient



25% traditional protein (fish/seeds)/good fat (avocado, coconut, nuts/seeds)

• **75% vegetables, 25% traditional protein (fish, seeds)/good fat (avocado, coconut, nuts/seeds)** If you're a little confused, many seeds are both fat and traditional protein.

Why do I use the word traditional when referring to protein? Because Vegetables have protein but we will talk about this later.

Soup is the single best way for busy people because amazing nutrients are sitting there, waiting for you. What stops people from making soup? People are intimidated. Some think it won't make them full. Is this you? Get over it.

**Soup helps get rid of your sugar cravings.
It helps stop your snacking at night.**

Week 1

How You're Going to Win: The Food Formula

There are 3 fantastic soups in this months meal plan. I will be giving you more each month. Try this amazing 'diet pill!' High nutrient soup is the best diet pill prescription on the market.

Exercise For The Week: Close your eyes. Imagine yourself with energy. Imagine yourself feeling good. Imagine the weight coming off.



Quote for the week:
Fall seven times, get up 8.
Japanese Proverb



Have a great week MASTERMINDERS!
- Jackie and the PEERtrainer team