

PEERtrainer MASTERMIND:

The Ultimate Weight Loss

Support System

MM

Week 2

How You're Going To Win:

The Food Formula

Part II

PEERtrainer™

<http://www.peertrainer.com>

Contact:

mastermind@pertrainer.com

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 2

How You're Going to Win: The Food Formula, Part II



• **Mastermind.** Week 2!

Welcome back! Great to have you here. If you didn't weigh in, go weigh in.

Still focusing on the food formula: If you're advanced, you're a beginner, the same info applies. These are the fundamentals. It's just like tennis. You work on volleys, forehands, backhands, serves. Roger Federer still works on the fundamentals.

3 things this week. These will help you. Some of this may be new if you're new, and if you're advanced, you might have gotten lazy and need the refresher.



1. There are 2 shifts of weight loss when people start to see significant change.

They even look at the scale and think, "I didn't do so well this week, how did I lose that much!?"

1st shift: Increasing The Nutrients:

Question sent to me this week: "I heard you say something on the radio: vegetables are the best diet pill. What do you mean?"

- You've heard me talk about vegetables. Everyone's always heard they're good for you but if people understood that they are the number one thing that turns off hunger, you would likely always have them at your meal vs. an afterthought.
- One client didn't believe me but tried it anyway. After a bowl of soup she didn't even want the slice of pizza.

Week 2

How You're Going to Win: The Food Formula, Part II

In the radio interview, I focused on taste. We take the path of least resistance especially when the thought of healthy food doesn't taste good. Long term weight loss means finding the healthy food that you like.

- I remember one client saying, "I understand soup is important. I choked it down this week." **Choking down your food or living in tasteless lettuce land is NOT a long term strategy!** The Tex Mex salad or the imperial chicken salad in your quick start meal guide or the shortcut soup have always been taste winners. We'll be giving you easy 3 ingredient ways to reproduce your favorite flavors in minimal time.

2nd Shift: Getting a Sense Of Your Portions

- Spend time looking at your calories. Just getting a sense of what 100 calories is (1 Cheat) will be key especially if you find yourself hungry after eating.
- It starts to become second nature. If you are really going 3/4 veggies, you don't need to pay that much attention, but the calories can add up.
- Starbucks hot chocolate example (400 calories I had no idea- this is where portion control comes in)
- When I work with people privately. I ask, what is in your smoothie. Many times I dissect the smoothie and they are at a professional athlete level of caloric intake.



2. Breakfast:

- Speaking with JJ Virgin about the dessert for breakfast phenomenon. Lots of questions about their yoghurt with fruit. "But isn't it full of calcium"?

Week 2

How You're Going to Win: The Food Formula Part II

- Favorite yogurt with fruit on the bottom can have as much sugar as a candy bar. Breakfast sets you up for success or failure. You will have a day of Fat burning or sugar burning
- I understand, we've all been late for meeting and we want the latte, apple fritter to get some energy! Just make an effort to make a good breakfast. Examples: Simply heat up dinner from night before. Personally, I have soup for breakfast and grab something else.



3. Clean Out The Junk Food!

The #1 thing to commit to is THIS: Clean the junk out of your house because no amount of will power will help you late night.

- All of us have different downfall foods. Define yours and remove them from the house.
- Observations of thin and healthy people: they have kitchens that support them.
- Went to a house that had stacked with boxes of Nabisco snack packs and 3 boxes of her favorite cereal. Stuff just sits there, ready for you at ten pm.

Test yourself:

If I had a glass of wine could I only eat a few bites of this or
would I eat the entire thing?

Quick tip: If you still have snacks in the house for your children, buy snacks that you personally don't like. I have spelt pretzels for my children because no matter what time it is at night, I will not open them!

Week 2

How You're Going to Win: The Food Formula Part II

NEXT WEEK PREVIEW:

We are introducing a mastermind and a concept that will change your exercise life

Chew on this idea:

“Calories burned during exercise are irrelevant!!”

The relationship between what you eat and how you exercise set you on the path to the long term weight loss that doesn't yo yo.



Quote for the week:

“Try not. Do or do not.
There is no try.”
~ Yoda



Have a great week MASTERMINDERS!

- Jackie and the PEERtrainer team