

Rules to Live by:

1. Eat only three meals a day.
2. Do not snack or "graze" between meals. A good rule: NO CALORIES BETWEEN MEALS
3. Eat only solid food. Avoid soft, mushy, or liquid foods.
4. Each meal should be low in fat and contain protein.
5. Eat protein first followed by fruits and vegetables. Fill up on protein, you should eat very few simple or complex carbohydrates.
6. Eat slowly. A meal should be eaten in 20 to 30 minutes.
7. Eat only nutritious food. Plan your meals and don't eat on the run. Take healthy food with you.
8. Stop eating when you feel satisfied (slightly full).
9. Limit fats, sweets, alcohol and carbohydrates.
10. Do not drink anything during, or 30 to 60 minutes after a meal.
11. Do not drink liquid calories in any form.
12. Exercise for at least 30 minutes each day emphasizing muscle-building resistance training.

