

By Kevin Anthony

Why
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at?

An introduction to the **LF 20/20** System

Why am I *so* Fat?

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About the Author

I began pursuing fitness at 18 years old. However, the typical life obstacles of marriage, job stress, and a love of food created a 304 lb body by the time I was 39 years old. High blood pressure and type II diabetes were side effects of this destructive lifestyle. After a doctor consultation I was told that it would be highly probable that I would have a heart attack by the time I was 50 years old. Right then and there I decided my lifestyle had to change, no matter what it took.

Setting out on the typical path of calorie restrictive weight loss plans such as Slim Fast and Weight Watchers (and countless others) did not work because I was starving to death (remember, I love food!). I researched my options and stumbled upon a system that actually worked for me; I lost 100 lbs in the course of a year. This system is the one I share with all of my weight loss clients and am now sharing with you. The elements within the **LIF 20/20** system are simple; however you must have the "want to." That is, you must want this (weight loss) more than anything else; more than a piece of birthday cake, more than a happy hour margarita, more than the convenience of take out food and drive thru windows. You can't bend this diet or cheat on it if you expect to see results. And finally (and most importantly) you must be willing to change your lifestyle to create a successful environment!

I have helped hundreds of people lose weight and keep it off, but it is a choice that *you* have to make and no one can do it for you. Read and succeed and remember that a skinny person cannot teach a fat person how to lose weight!

Former Fat Guy,

Kevin Anthony

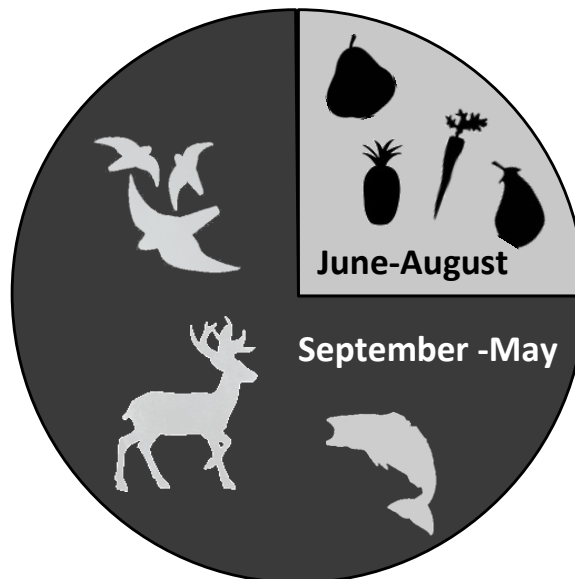
Introduction

The **LF 20/20** system consists of both a diet and exercise plan. The diet is designed to provide a better understanding of why America has become the most obese country on the planet. There are many myths that surround our nutritional information system and this diet is designed to aid you in elucidating those myths and understanding why you are so fat. This diet requires no exercise to see results (although as part of the **LF 20/20** system, exercise is *highly* recommended) and you will never be hungry; however, you cannot eat whatever you want to eat. *There are no magic pills to weight loss and no amount of sit-ups will get rid of the bulging stomach fat.* So read on to see how hundreds of people have taken control of being fat and have obtained lean, fit bodies for the rest of their lives!

PART ONE
the Three Food Groups

Getting Started

To understand the **LF 20/20** diet system you must first realize that we have been on this planet for over 40,000 years in our current physical bodies. For the first 39,900 of those years we had **no refrigeration, grocery stores, canning, trucking, or fast food**. The only food we had available to eat was what nature provided in the season in which it was available. When you examine food availabilities, you find that fruits, vegetables, and grain only grow May through August - then everything that grows out of the ground dies. Starting in September, nature provided you with only one food choice; it has **legs, wings, or gills**: animal proteins. Without refrigeration, canning, or shipping to move food around you had no other choice. This is the diet program our bodies were designed to follow. In fact, we put on an average of 20-50 pounds of body fat during the summer months as most fruits and vegetables are designed to make you gain huge amounts of body fat very quickly. To further understand the concept of our ancestral diet, we must examine the three food groups: **Fats, Proteins, and Carbohydrates**.



Our Ancestral Diet. For 39,900 years the human race survived on three sources of food for $\frac{3}{4}$ of the year: wings, legs and gills. Fruits and vegetables were consumed in the summer, when they were in season, and helped humans to gain extra body fat to “prep” themselves for the winter months.

Fats

Around 1987 the United States government came out with a food recommendation that all Americans should embark upon a low-fat, high-carbohydrate diet in attempt to address the obesity problem in this country. At this time the American population was 23% obese. A little over twenty years later we hovering around 82% obesity; which is defined as a body fat percentage greater than 29%. Americans have literally quadrupled in body fat mass in twenty years! So why didn't the low-fat concept work?

Dietary fat is not the enemy. If you were to go home and drink 8 ounces of olive oil for dinner you would not get fat; you would throw-up or have a bad case of diarrhea. Our bodies do a fairly good job at managing dietary fat – too much will make you sick instantly. However, with a total absence of dietary fat, you would die; the body must have it. This need is the major problem with low-fat diets – your body begins to crave sugar. Your brain will not talk you into eating a stick of butter, but ice cream and chocolate, typical cravings, are nothing more than dietary fat loaded with sugar. Increasing your healthy fats will help to curb sugar cravings. In this diet, flaxseed oil tablets are used. Flaxseed oil is very good for you and it will help manage your dietary fat intake and help control you sugar cravings.

While dietary fat consumption is not how you get fat, you must remember that dietary fat is high in calories, so you must watch adding it to meals to avoid overloading your caloric intake.

Proteins

Protein is the single most important element in your diet. It is the only food group that repairs and maintains muscle tissue. Why is this important? Because everything you do requires muscle; walking, talking or simply getting out of a chair – all require muscle function. While protein is a staple in our diet, our bodies regulate its intake much like how dietary fat intake is regulated. If I were to put 10 chicken breasts in front of you, how many could you eat at one time? One, two? You might be able to eat 3 or 4 if you really tried, but you could not eat all 10 of them. The body regulates protein intake and here is why: after the age of 18 you do not grow any more muscle tissue, as it is genetically determine. Therefore, the body only needs a certain amount of protein to repair and maintain your muscle tissue. We do not have a protein storage facility so the body will cut off your appetite when your limit has been reached.

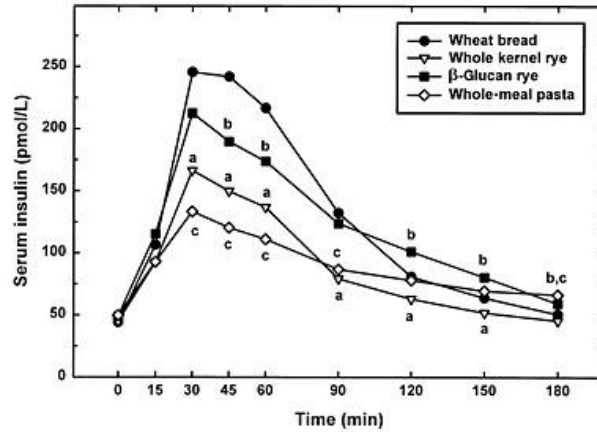
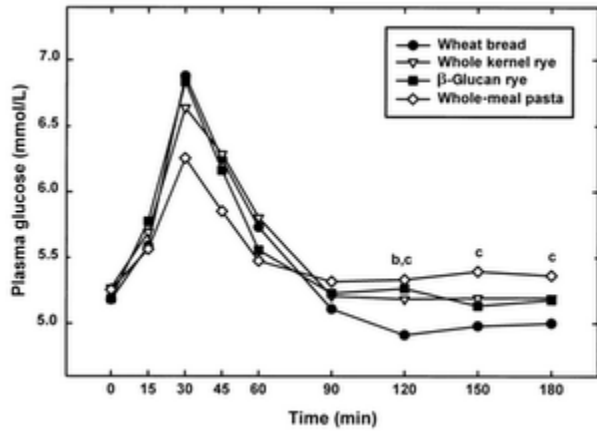
This regulation is why a protein based diet is so successful; you cannot over-consume protein. Protein is also fairly calorie restrictive. Ten chicken breasts contain about 1,700 calories and it would most likely take you one whole day to eat all of them. On the other hand, a hamburger, fries, and coke contain 2,100 calories and 3 pieces of pizza contain as much as 2,400 calories; and that's just one meal!

You can begin to see that the food we typically eat has more calories per meal than whole day's worth of chicken. The basic principle to remember here is that protein, like fat, is fairly regulated by the body.

Carbohydrates

Well, we have covered two food groups that are fairly regulated by the body - fats and proteins. Now we will start to investigate the magical world of carbohydrates. What you are about to learn here is the most important fat loss information you will ever read or hear. **Your body has two energy systems; blood sugar and body fat.** Blood sugar is the preferred source of energy for the body - not the best, just the preferred. The reason why blood sugar is the preferred source of energy is because your body is designed to store fat. As long as you have blood sugar available the body will not use body fat for energy regardless of how far you run, how many aerobics routines you sweat through, or how many years you spend on a treadmill. This misconception is the reason why people spend hours doing cardiovascular work and see no weight loss. **Eighty percent of fat loss comes from correct diet principles, not cardio work.** Carbohydrates are the only food group that converts directly into blood sugar. What happens when you eat a carbohydrate?

Carbohydrates convert almost immediately into blood sugar which begins to rise at a very fast rate. If blood sugar were to rise uncontrolled, you would begin to seizure and die of a heart attack. For this reason, type I diabetics must use insulin. Your body produces its own insulin; however, insulin does not negate blood sugar. The laws of physics tell us that energy is conserved; it can only be converted into other forms of energy. Therefore, any blood sugar that is not used by the body immediately is stored as body fat. Another interesting concept is that the body manufactures 80% of the cholesterol it needs. Cholesterol is the "little yellow bus" that transports the excess blood sugar to the fat cells. The higher your blood sugar levels are, the higher your cholesterol will be. Cholesterol problems do not originate from eating too much meat or too many eggs; it comes from too many carbohydrates!



The effect of carbohydrates on blood sugar and insulin levels. Shortly after the consumption of carbohydrates, blood sugar (plasma glucose) levels increase at a very fast rate. Meanwhile, insulin levels also increase to convert blood glucose to fat. A blood sugar levels of 7mmol/L is very concentrated (comparable to 65g of sugar in your body....that's 22 ½ restaurant sized sugar packets!). *Note these levels are for "healthy," whole wheat bread. Imagine the levels that would appear after eating a cupcake!* (Salsberg, S.L. and Ludwig, D.S. Putting your genes on a diet: the molecular effects of carbohydrate. *Am. J. Clin. Nutr.* 2007, 85, 1417-1427.)

If you truly want to lose body fat you must force your body to use it for energy. Taking blood sugar away from the body, which can only be done through dietary carbohydrate restriction, is the only way to achieve this. Body fat is the best source of energy. For 39,900 years we lived on body fat and protein during the winter months. During this time we also had to hike an average of 12 miles a day hunting for food. If you needed carbohydrate energy nature would have provided bread trees and fields of pasta growing September through May.

PART TWO
Elucidating Food Myths

Carbohydrate Addiction

Hopefully now you have grasped the concept of carbohydrates and understand why they must be drastically cut back to turn your body into a fat burning machine. It sounds easy, so why are low-carbohydrate diets so hard to follow? Years ago, soft drink manufacturers conducted studies on Rhesus monkeys because their DNA structure very closely resembles our own. The monkeys were given a choice between sugar water and nutritious foods. The monkeys drank the sugar water until they died from malnutrition. Why? **Sugar is addictive as cocaine or heroin.** Along with the low-fat craze, the food industry increased the sugar content of most of your food and condiments with **high fructose corn syrup**. After this increase in sugar content our food, consumption quadrupled as well as our obesity epidemic. Now type II diabetes is the fastest progressing illness in America in both adults and children. We are about to see a generation of type I (insulin dependent) conversions, which was previously not thought to be possible. Normal, healthy adults will become diabetics using daily insulin shots because of our American diet.

Human Sweet Feed

The grain industry has not missed this opportunity either. It has been well established that to increase the growth rate of livestock, food intake must be maximized. To accomplish this result cattle farmers use a mixture of wheat, grain, and molasses to feed livestock so that they can maximize the weight gain in minimum time. We call this food group **CEREAL!** Breakfast cereals are the exact same food that is used to maximize food consumption and fat storage in livestock. Another interesting myth is that we need to drink milk. We are the only mammals that continue to drink milk past a short weaning period. Milk came from the breast of women and was designed to feed babies without teeth in the wilderness. Why do we drink cow milk? Horses don't drink cow milk and dogs don't drink cat milk. If you were to drink a glass of fresh milk from a cow, you would probably gag from the taste and smell. The milk you buy in stores is pasteurized and loaded with sugar to overcome this initial reaction. We are told that milk is necessary for calcium, but the truth is that the calcium in milk is not well absorbed by the body. Green vegetables have calcium levels that are better absorbed by the body, so if you are concerned about calcium eat more spinach.

The Government's Role in our Diet

With all of these myths surrounding our nutrition, why does the government recommend a 65% carbohydrate diet? Go into a grocery store; you have the chip isle, the cookie isle, the bread isle, the soft drink isle...75% of your grocery store revenues come from starch carbohydrates and sugar. This percentage is no accident. As mentioned previously, carbohydrates are extremely addictive. The government's current diet recommendations are about money. Our biggest cash crops are wheat and rice. Our country's food revenues are enormous; the more you eat, the more revenue for the government. You cannot grow more muscles cells, but you can grow unlimited fat cells (the current weight record is 1,200 pounds for a living adult). The government is taking advantage of this fact by pushing addictive high carbohydrate foods onto the American population.



PART THREE
Foodaholics

Breadaholics

After examining over 700 diet clients I have discovered two distinct groups into which most people fall: Breadaholics and Sugarholics. Breadaholics are people whose primary source of food is made up of starchy carbohydrates: bread, rice, potatoes, corn, and last but not least, chips. These people drink diet beverages thinking they are avoiding sugar but do not realize that white bread and table sugar are processed the same by the body. The primary problem with breadaholics is that they are emotional eaters. They do not like stress of any kind and when they are upset or their feelings are hurt they reach for food as a comfort factor. This behavior was reinforced in early childhood. An adult figure (generally a grandparent) always rewarded or called their emotional stress with carbohydrate foods. These people are the one that appear cheerful and are always servant based. They seek the approval of others and when rejected turn to food for comfort. However, the food groups of the grain family and starchy carbohydrates carry with them enormous calories and are stored almost entirely as fat by the body. Therefore, these people become your 300 pound men and 200 pound women. They have a very hard time sticking to diets because they must release the one thing that has protected them emotionally all their lives - food. Often times these people are being treated for depression and sometimes must get outside counseling to deal with the emotions they have been suppressing for a long time. Once they people deal with their emotions, they often will succeed where they have failed before.

Sugarholics

Sugarholics are a completely different category of people. Their relatively skinny arms and leg and great big fat midsections identify this group of people. Sugarholics have addictive behavior patterns. They can become abusers of alcohol and drugs. They also tend to be workaholics and perfectionists. A voice in their head is always telling them that they are not quite good enough, or that they need to accomplish more in life. Sugarholics do not like to lose at anything. They rely on soft drinks, fruit juices, sweet tea, and candy as their source of energy. The food they consume is minimal so they do not put on huge mass yet they suffer from chronic lethargy and illness. The life of a sugarholic goes like this: When the alarm clock goes off they would give a million dollars not to get out of bed. The snooze button has wear marks from going "five more minutes." Once they get out of bed they will consume sugar of some kind. These sugar infusions get them motivated and out the door; however, it only takes about 30 minutes for the insulin to transfer the blood sugar after which their energy crashes. This process creates a hypoglycemic condition, or low blood sugar. Hypoglycemia is not a medical condition. It is the first step toward type II

diabetes; your body is telling you that it is addicted to sugar. The sugarholic will go the rest of the day with very little food, relying primarily on liquid sugar (sweet tea, cokes, etc.) to provide their energy source. Around 2:00pm their energy levels will begin to tank, by 5:00pm they will be the walking dead. They will then race home, get on the couch, and begin eating everything in sight. Even if they eat pizza they are now providing the body with carbohydrates, fats, and proteins. Now you have refueled the body and your brain goes into hyper gear. As a result, the sugaholic has an agenda; the list of things to do grows and falling asleep at night is a huge problem. They will toss and turn and fall asleep around 3:00am only to have the alarm go off three hours later. They eventually become chronically exhausted and often times seek medical attention for their tired state.



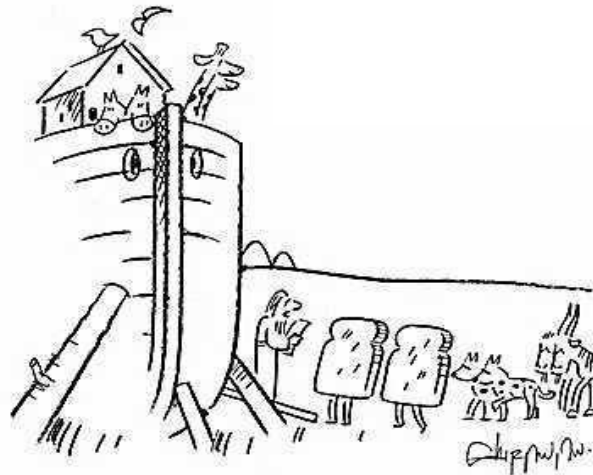
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Both breadaholics and sugarholics need to be aware that seeking medical attention for depression, exhaustion, etc. will result in the treatment of symptoms, not problems. Doctors prescribe everything from estrogen hormone treatments to anti-depressants to alleviate exhaustion. These medications all come with extreme side effects; massive weight gain being the most common. The problem lies in understanding the body and how its fuel is used.

PART FOUR
Fixing Our Diet Problems

Sugar Detoxification

How do we fix these diet problems? First we must eliminate all refined sugar from our diet. When this takes place, you may experience some severe withdrawals. The sugar withdrawals are exactly like alcohol detoxification. You will experience migraine headaches, heart palpitations, profuse sweating and tremors. These reactions are your body detoxifying from the sugar addiction you have given it. The symptoms usually last 72 hours, after which you will feel better than you ever remember feeling. Your daytime energy will return and sleeping at night will not be a problem.



"Sorry, no carbs."

www.cartoonstock.com

Grocery List

To accomplish this goal you will be given a grocery list. If something is not on the list you cannot eat it (no exceptions!). A timed eating plan will be produced for you that tells you exactly what to eat and when to eat it. This timing is critical to your diet success; if you want o success you must stick to this eating pattern 7 days a week.

LF 20/20 Grocery List

Vegetables

Brussel Sprouts	Salad Mix
Zucchini	Lettuce
Kale	Cucumbers
Okra	Celery
Mushrooms	Cauliflower
Bean Sprouts	Broccoli
Cabbage	Green Beans
Cole Slaw Mix	Bell Peppers
Spinach	Asparagus

Protein Sources

Skinless Chicken Breast	Albacore Tuna Fish
Turkey Breast	Scallops
Very Lean Ground Beef	Butterfly Pork Chops
Eggs	Ground Turkey
Orange Roughy	Roast Beef
Cod	Tenderloin
Flounder	Small Steak
Grouper	Non-fat Cottage Cheese
Salmon	Low Carbohydrate Whey Protein
Whitefish	Powder (< 5 g carbs)
Halibut	
Shrimp	

Dressings & Seasonings

Fat-free Ranch
Fat-free Italian
Pace Picante Sauce
Plain Mustard
Mrs. Dash
Spray Butter

Beverages & Desserts

Crystal Light/Wyler's Light
Diet Soda (2 per day)
Iced Tea/Coffee (no lemon)
Sugar Free Jell-O
Protein Cubes (see recipe)

Sample Diet

Your plan will consist of solid meals low carbohydrate 100% whey protein shakes. The reason for the protein shakes is convenience. We do not start off with 0 carbohydrate diets; they are effective but make you very grumpy. I have found that around 100 grams of carbohydrates a day will allow you to lose the weight without the grumpiness. These carbohydrates are controlled through the protein shakes. You must follow the timing exactly on the carbohydrate intake for the diet to be effective.

If you follow the diet EXACTLY as it is planned you should expect to lose 2-3 pounds a week. If you cheat you will probably lose nothing at all. This diet is about discipline. You must rid yourself of “infantile eating behavior,” meaning just because you like it does not justify eating it regardless if you had a bad day, wrecked your car or some other excuse to rationalize stuffing yourself with the wrong foods.

Sample Meal Plan for a 200-250 lb adult					
Time	Meal	Calories	Carbs (g)	Protein (g)	Fat (g)
6:00 am	2 scoops 100% whey protein powder 16 oz. water w. 5 ice cubes	290	20	45	5
9:00 am	2 scoops 100% whey protein powder 16 oz. water w. 5 ice cubes	290	20	45	5
12:00 pm	1-2 Chicken breasts	200	0	30	3
	Salad or green vegetables 20 oz. water	100	5	1	0
3:00 pm	2 scoops 100% whey protein powder 16 oz. water w. 5 ice cubes	290	20	45	5
6:00 pm	Any amount of lean meat	400	0	30	15
	Salad and/or green vegetables	200	15	0	0
	Low carb salad dressing	100	3	0	15
	20 oz. water				
8:00 pm	3 eggs any style	210	6	20	10
1 Bag	Super Dieters tea if needed (for constipation)				
	TOTAL	2080	89	216	58

Supplements

You will also take three supplements:

Gel Capsule Multivitamin - the gel caps help the vitamins dissolve faster with less stomach upset and quicker absorption rate.

Flaxseed Oil Capsules - This diet is actually fairly low in fat; however if your fat level gets too low you will begin craving sweets that are high in fat. Flaxseed oil is a healthy fat that will aid in curbing your appetite for sweets.

Alpha Lipoic Acid - ALA is used in Europe to treat type II diabetes. We use it for diet clients to aid in a health condition called insulin resistance. Too many carbohydrates and too much sugar in your diet for a progressive number of years interferes with the body's ability to effectively utilize insulin. Insulin is the primary fat storage hormone, too much insulin produced by the body results in excessive body fat levels. ALA helps with the body's ability to absorb insulin resulting in less output by the body. The lower we get the insulin levels in your body, the lower the fat storage will be.

You will take one tablet of each of these supplements twice a day; once in the morning when you wake up and once in the evening before you go to bed. Keep them by your toothbrush so you will not forget them, they are very important to the success of your diet.

Water

Now that you have chosen to embark on this weight loss plan, you must also drink about 1 gallon of water a day. You should be urinating every 45 minutes. The water keeps your body over hydrated which in turn will keep your body from retaining excess water. Water is also a major energy source. Your body is 70% water and you can only live about 3-4 days without fluid intake. Even mild dehydration (which can take place in as little as 30 minutes) will have your body shutting down its energy production. I have had diet clients call me complaining about lack of energy and bouts of dizziness. I tell them to go drink 20 ounces of water and see what happens. Miraculously, their energy returns! If you do not think you like water, quit drinking everything else. You will be amazed by how your love for water comes back quickly. Our bodies are not designed to drink anything other than water anyways.

Closing Remarks

You must realize that this is a **LIFESTYLE CHANGE**. If you go back to the diet habits that made you fat, you will quickly regress to the fat person you were. Often clients ask me about cheating on your diet. If you want to achieve the goal of a lean body, then **you must not cheat...period**.

Cheating is your way of saying, "I do not care if I am fat and I would rather eat this junk food." If stuffing your face with junk food makes you happy then do not complain about being fat. Also, if you do not care if you are fat then no one else will either. You came here looking for answers to weight loss, now you have them. If you chose to continue to eat what you want to then stand in front of the mirror, look at yourself naked, and ask, "Is that attractive?"

Some of my statements seem harsh but you must remember that **I WAS A FAT PERSON!** At 304 pounds of fat I have been where each of you stands now. I hated it and making excuses for my obesity did not change the fact that I was a fat ass. I changed the way I looked completely and you can too, but you must want it more than anything on earth. You must want it more than chips, or grandma's pies, or mom's cookies. You must become obsessed with success and willing to do whatever it takes to get rid of the fat. I can assure you that I have been enjoying 12 years of a lean body and I will never go back to the miserable life of a fat person.

Hold yourself accountable, quit accepting failure, and program your mind that you can do it! Quit whining about how deprived you are because you can't eat what you want to. Just for get it, I can assure you the longer you avoid something the easier it gets. So ask yourself...are you truly serious? If the answer is "yes" then get busy losing weight!

Good luck and push yourself hard. Do not accept failure and do not let others sabotage your diet.

APPENDECIES

Frequently Asked Questions (FAQs)

Do I ever get to eat the food I like again?

The truth is not very often. You must recognize which foods made you fat because you are addicted to them. I have lost many successful clients that achieved their weight goal and thought, “oh I can eat just one slice of pizza and it won’t hurt me.” They begin cheating a little and nothing happens, then the cheating increases and before they knew it their energy level tanked and their fat quickly returned. I personally never eat foods that I used to because I cannot control them. Just like an alcoholic cannot go back to drinking *occasionally*, you cannot go back to eating junk food occasionally. You must remember what a powerful addiction some foods have. Look at your fat body – did you really intend to end up that way?

How long will it take me to lose the weight?

Figure on 2 pounds a week and you will have a realistic goal. You will lose more initially but it will still average to 2 pounds a week over the course of time.

Can I eat protein bars instead of shakes?

NO! 99% of the bars contain sugar alcohol and there are sugars too. Do not be fooled by low carbohydrate bars; there is no such thing. The shakes are designed to be extremely filling. If you do not like the taste of them, then keep practicing and you will grow to love them because they are going to be your only source of carbohydrates.

How do I follow the diet if I am traveling?

Take your stuff with you. You pack underwear and deodorant, so pack your supplements! When restaurant dining, order steak or chicken with steamed vegetables and a large salad. Stay away from Mexican and Chinese restaurants; they are basically complete diet failures.

What if I get stuck on the weight loss?

Write down what you have been eating for 3 days and bring it in for us to review. More often than not, it's because you have been adding things to the diet that are not on the grocery list.

Remember things like condiments can be loaded with sugar and can easily stop your weight loss.

A BLT (bite, lick, or taste) of forbidden foods will stop all weight loss.

I get bored eating the same thing all the time.

So what? Food was not meant to be your entertainment. Nature did not care if you did not want meat and water; that's all you had! So quit being a baby. If the weight loss is important to you then you will have to continue eating the same foods.

Why can't I eat cheese, pork rinds, etc.? They have no carbohydrates.

These foods have been the failure of most low carbohydrate diet attempts. The diet is about calorie restrictions, not just about carbohydrates. Most people who have tried Atkins type diets gravitate toward cheese and nuts as a main food source. They are too high in calories for the volume of food per serving. Three slices of cheese have the same caloric value of a small steak, yet the volume of the steak is 3 times higher. Three handfuls of nuts have 600 calories! Your body must handle the excess calories, and remember excessive fat can be stored by the body so only eat what is on the grocery list!

Why is this diet so restrictive?

Because nature was so restrictive.

Why can't I eat fruit?

Fruit is a sugar; it will at best stop your weight loss. Bananas can add to your weight quickly.

Is this diet healthy?

Go back and read the first chapter. Do you think nature planned you a diet that was unhealthy? I personally have not even had a cold in the last 5 years on this diet.

Can I work out if I want to?

Sure, but be very aware that you will have to keep your calories the same. Often people think that 30 minutes of walking burns a gazillion calories but it equals about two bites of chocolate or 20 chips or two cookies. Stick to the diet and you will have great results, period.

Will this diet affect my medications?

Yes, consult your doctor if you are being treated for type II diabetes, high blood pressure, or antidepressants. If you follow this diet and lose the weight, you should be able to get off all medications. I did!

Do I have to drink the shakes?

No, you can replace the shakes with food but unless you are a genius at measuring food and understand nutrition completely, you will not get the same results. You can substitute chicken for a shake (Yippee, more chicken!). Learn to drink the shakes though, it's much easier that way - I promise.

Protein Cube (Tidbit) Recipe

Butterscotch Flavored

Ingredients:

6 Scoops Optimum 100% whey protein, Vanilla Flavored
1 Box Sugar Free, Fat Free Jell-O Pudding mix, Butterscotch Flavored
Exactly 20 ounces of water

Directions:

Combine all ingredients into a blender and blend for 45 seconds or until the mixture is thoroughly blended. Lightly coat three ice cube trays with Pam cooking spray; wipe out excess with a paper towel. This will keep the cubes from sticking to the trays. Pour the mixture into the three ice cube trays and freeze. Once frozen, these cubes will offer you a delightfully sweet snack that is high in protein and low in carbohydrates. Each tray contains 40g of protein, 15g carbohydrates, and 200 calories. Use them for snacks to help curb the sweet attacks. You may make other flavors by simply changing the flavor of the materials used.

Why Your Weight Loss Stops

1. **CHEATING**

Cheating a little every day, especially with refined sugar, will absolutely stop your weight loss. Pay close attention to a “few” crackers, chips, extra salad dressing, or an “occasional” piece of candy. These are some of the major reasons why your weight loss stops. The statement “a little bit won’t kill you” will kill your diet success.

2. **NOT ENOUGH WATER**

Your body depends on lots of water to “flush” away the fat. You must aim to drink a gallon of water a day. Crystal Light is also acceptable. Without adequate water, you will quit losing weight.

3. **NOT EATING ENOUGH**

Skipping your shakes because you're in a hurry will push you to overeat at the next meal. Your program is designed for you to eat every 3 hours so that your metabolism stays on “fat burn” mode.

4. **TOO LITTLE FIBER**

You must strive for about 25g of fiber per day from green vegetables or from fiber supplements such as Fibersol tablets or Benefiber powder. Protein is a dense food source and you need a lot of fiber to keep your digestive system working its best.

5. **TOO MUCH RED MEAT**

Red meat is extremely calorie dense. A 6 oz. hamburger patty has 330 calories. Compare that to a 6 oz. chicken breast at 175 calories. Limit your red meat consumption to 3 times a week. Choose chicken, turkey, eggs, or fish most of the time.

Go back to your diet plan and see where you have begun to deviate. Examine these issues and see if your weight loss resumes. **YOU CAN DO IT!**