



DIET & WORKOUT PLAN

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THANE Fitness™



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Fitness System



Diet & Workout Plan

DIET PLAN

- Upon rising in the morning drink 16 oz. of water with squeezed lemon.
- 2 hours after breakfast and lunch drink 24 oz. of water.
- 2 hours after dinner drink 8 oz. of water or herbal tea.

(Limit fluids to 6-8 oz. with meals)

Day 2

NOTES:

[illegible]

*WEEK 6 Super Charged!***Day 4****500's!**

Repeat the routine below 5 times

20 kettle bell swings

20 push-ups

20 squats

20 burpees

20 lunges

Day 5**(Cardio day):**

5 km Run

Day 3

- 3/4 cup shredded wheat or high fiber cereal (5 grams or more)
- 1/2 cup skim milk

- 2 oz low-fat cheese or 2 string cheese

- Chicken Kabob**
Cut in pieces and put on skewer:
- 4 oz chicken
 - 1 small green pepper
 - 5 cherry tomatoes
 - 3 large mushrooms

- 1 orange

- Chicken Kabob**
Cut in pieces and put on skewer:
- 4 oz chicken
 - 1 small green pepper and onion
 - 1 cup broccoli steamed
 - 1 tomato sliced

- 1 plum or other small fruit

Day 4

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 1 low fat yogurt (60 cals)
- 10 almonds

- Ham or Turkey Sandwich**
- 1/2 whole wheat pita
 - 3 oz lean ham or turkey
 - 1 tsp Dijon mustard
 - 5 leaves romaine

- 1 small apple
- 1 TBS all natural peanut butter

- Broiled Fish**
- 4 oz fish (any kind) with seasoning
 - 1 small baked potato (baseball size)
 - 1 cup salad
 - 2 TBS fat-free dressing
 - 2 TBS low fat sour cream

- 1 orange

WEEK 1

Day 5

Day 6

breakfast
snack
lunch
snack
dinner
snack

- 1 cup cooked oatmeal
- 1/2 cup skim milk
- 2 TBSP raisins

- 1 orange

- Burrito
- 1 whole wheat tortilla
 - 1/2 cup black beans
 - 1/2 cup fresh salsa
 - 2 oz low fat cheese
 - Tabasco to taste

- 1 cup pineapple

- Chicken Breast
- 4 oz skinless boneless chicken breast with seasoning baked
 - 1 cup green beans with olive oil spray
 - 1 cup salad
 - 2 TBSP light dressing

- 1 low fat yogurt (60 cal or less)
- 10 peanuts

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 1 small apple
- 1 TBSP all natural peanut butter

- High-fiber Pasta
- 1 cup cooked whole wheat pasta
 - 1/2 TBSP grated parmesan cheese
 - 1 cup cooked spinach

- 1/2 cup 1% cottage cheese
- 10 almonds

- Steak Kabob
- Cut in pieces and put on skewer:
- 4 oz lean steak
 - 1 small green pepper and onion
 - 1 cup broccoli steamed
 - 1 tomato sliced

WEEK 6 Super Charged!

Day 1

Day 3

This one I want you to do each exercise for 1 min – repeat 3 times, if you can!

Jumping jacks
Squats or a wall sit
Pushups
Bicycle crunches
Burpees
Alternating lunges
Tricep dips
High knees
Squat or squat jumps
Bicep curls
Plank

Perform each exercise for 2 min in this order, then repeat (30 min total):

Jog in place
Jumping jacks
Jog in place
Squat jumps
Jog in place

--1 min rest --

Jog in place
High knees
Jog in place
Fast feet
Jog in place

Day 2

100 skips

5 rounds:
20 sit-ups
20 squats
20 push ups
20 weighted lunges

100 skips

--1 min rest --

Jog in place
Burpees
Jog in place
Mountain climber
Jog in place

WEEK 5

Day 1

- 4 rounds
- 50 Weighted Lunge
 - 50 Burpees
 - 50 Mountain Climbers

3km Run

Day 4

50/50's (Do 50 reps of each, then repeat):

- Weighted squat
- Jumping jacks
- Mountain climbers
- Sit-ups
- Burpees
- Weighted lunges

Day 2

- 5 rounds
- 20 sit-ups
 - 20 squats
 - 20 jumping jacks
 - 20 kettle bell swings (or use dumbbell)
 - 20 mountain climbers

Day 5
(Cardio day):

5 km Run

Day 3

200 burpees

3 km Run

Day 7

- 3/4 cup shredded wheat or high fiber cereal
- 1/2 cup skim milk

- 2 oz low-fat cheese or 2 string cheese

Chicken Kabob
Cut in pieces and put on skewer:

- 4 oz chicken
- 1 small green pepper
- 5 cherry tomatoes
- 3 large mushrooms

- 1 orange

Broiled Fish

- 4 oz fish (any kind) with seasoning
- 1 small baked potato (baseball size)
- 1 cup salad
- 2 TBS fat-free dressing
- 2 TBS low fat sour cream

- 1 cup low fat yogurt (60 cal or less)

WEEK 2

Day 1

Day 2

breakfast

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 1 cup cooked oatmeal
- 1/2 cup skim milk
- 2 TBSP raisins

snack

- 1 low fat yogurt (60 cal)
- 10 almonds

- 1 small apple
- 1 TBSP all natural peanut butter

lunch

- Turkey Salad
- 4 oz deli turkey
 - 2 cups mixed green salad with
 - 3/4 cup broccoli and cauliflower
 - 1 TBSP fat-free dressing
 - 4 crispbread crackers

- Tuna Sandwich
- 1 slice whole wheat bread
 - 1/2 cup water packed tuna
 - 1 tsp reduced fat mayo with chopped onion, relish and mustard
 - 1 tomato

snack

- 1 apple

- 1 orange

dinner

- Taco Salad
- 4 oz lean ground turkey
 - 1/4 cup pinto beans
 - 2 oz low fat grated cheese
 - tomato and lettuce shredded
 - 1 corn tortilla

- Chicken Kabob
- Cut in pieces and put on skewer:
- 5 oz chicken
 - 1 small green pepper
 - 5 cherry tomatoes
 - 3 large mushrooms (Grill or bake)

snack

- 1 low fat chocolate pudding

- 1 low fat yogurt (60 cal)

WEEK 4

Day 1

Day 4

Weighted lunge -100 steps
 5 burpees
 200 skips
 5 burpees
 Weighted lunge - 100 steps

Run 3km

3 rounds:
 30 kettle bell swing
 30 squat
 100 skip
 30 burpees
 30 sit ups
 100 skip
 30 push ups
 30 leg raises
 100 skip

Day 2

4 rounds:
 20 sit-ups
 20 squats
 20 push ups
 20 kettle bell swings (or use dumbbell)

100 Skips

Day 5
(Cardio day):

5 km Run

Day 3

150 burpees

Run 3km

WEEK 3

Day 1

- 2 rounds:
- 50 Burpees
 - 50 kettle bell swings
 - 50 push ups (breaks are allowed)
 - 50 squats (breaks are allowed)

Run 2km

Day 4

- 3 rounds:
- 25 push ups
 - 25 bent over dumbbell rows
 - 25 burpee's
 - 25 mountain climbers
 - 25 weighted squats
 - 25 bicep curl
 - 25 tricep dip off chair or bench

Day 2

- 3 rounds of each:
- 30 kettle bell swing
 - 30 squat
 - 100 skip
 - 30 burpees
 - 30 sit ups
 - 100 skip
 - 30 push ups
 - 30 leg raises
 - 100 skip

Weighted lunge - 100 steps

Day 5
(Cardio day):

5 km Run

Day 3

- 2 rounds:
- 50 Burpees
 - 50 kettle bell swings
 - 50 push ups (breaks are allowed)
 - 50 squats (breaks are allowed)

Run 2km

Day 3

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 10 strawberries
- 1/2 cup 1% cottage cheese

- Chicken Pita Sandwich
- 4 oz chicken breast baked, broiled, or grilled
 - 1/2 whole-wheat pita
 - 5 leaves romaine
 - 1 tsp Dijon mustard

- 1 small banana
- 2 oz low-fat cheese

- Taco Salad
- 4 oz lean ground turkey
 - 1/4 cup pinto beans
 - 2 oz low fat grated cheese
 - tomato and lettuce shredded
 - 1 corn tortilla

- 2 cups watermelon

Day 4

- whole-wheat tortilla
- 4 egg whites scrambled
- 1/4 cup salsa

- 1 low fat yogurt (60 cals)
- 10 almonds

- Turkey Sandwich
- 4 oz deli turkey
 - 2 oz low fat cheese
 - lettuce and tomato
 - 1 TBS fat-free mayo
 - 1 slice whole wheat bread

- 1 apple
- 1 TBS all natural peanut butter

- Broiled Fish
- 4 oz. broiled fish with lemon
 - 1 cup steamed broccoli or brussel sprouts
 - 1 cup green salad
 - 1 TBS fat-free dressing

- 1 orange

WEEK 2

Day 5

Day 6

breakfast	<ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1/2 cup skim milk • 2 TBSP raisins 	<ul style="list-style-type: none"> • 6 egg whites • 1 slice whole wheat toast • 1 tsp light margarine
	<ul style="list-style-type: none"> • 1 small apple • 1 TBSP all natural peanut butter 	<ul style="list-style-type: none"> • 1 low fat yogurt (60 cals) • 10 almonds
	Chicken Pita Sandwich <ul style="list-style-type: none"> • 4 oz chicken breast baked, broiled, or grilled • 1/2 whole-wheat pita • 5 leaves romaine • 1 tsp Dijon mustard 	Tuna Sandwich <ul style="list-style-type: none"> • 1 slice whole wheat bread • 1/2 cup water packed tuna • 1 tsp reduced fat mayo with chopped onion, relish and mustard • 1 tomato
	<ul style="list-style-type: none"> • 1 small banana 	<ul style="list-style-type: none"> • 1 orange
	Chicken Kabob <p>Cut in pieces and put on skewer:</p> <ul style="list-style-type: none"> • 5 oz chicken • 1 small green pepper • 5 cherry tomatoes • 3 large mushrooms (Grill or bake)	Taco Salad <ul style="list-style-type: none"> • 4 oz lean ground turkey • 1/4 cup pinto beans • 2 oz low fat grated cheese • tomato and lettuce shredded • 1 corn tortilla
	<ul style="list-style-type: none"> • 1 low fat yogurt (60 cals) • 10 almonds 	<ul style="list-style-type: none"> • 1 low fat chocolate pudding

WEEK 2

Day 1

Day 4

2 rounds

- 50 mountain climbers
- 25 sit ups
- 25 push ups
- 50 Weighted lunges

2km Run/walk

50 mountain climbers

50 burpees

50 sit up

50 squats

50 push up

50 mountain climbers

Day 2

Day 5

(Cardio day):

100 mountain climbers

5 km Run

3 rounds:

- 15 sit-ups
- 25 dumbbell squats
- 15 push ups
- 25 kettle bell swings (or use dumbbell)

100 Skips

Day 3

3 rounds:

30 kettle bell swing

30 squat

100 skip

30 burpees

30 sit ups

100 skip

30 push ups

30 leg raises

100 skip

2km Run/walk

WEEK 1

Day 1

- 3 rounds
 - 10 sit-ups
 - 25 dumbbell squats
 - 10 push ups
 - 25 kettle bell swings
 (or use dumbbell)

2km Run/Walk

Day 2

- Weighted lunge – 50 steps
 100 skips
 5 burpees
 50 dumbbell squats
 5 burpees
 100 skips
 Weighted lunge - 50 steps

Day 3

- 4 rounds
 - 10 sit-ups
 - 25 dumbbell squats
 - 10 push ups
 - 25 kettle bell swings (or
 use dumbbell)

2km Run/Walk

Day 4

- 2 rounds:
 30 kettle bell swing
 30 kettle bell (or dumbbell)
 squats
 100 skip
 30 burpees
 30 sit ups
 100 skip
 30 push ups
 30 leg raises
 100 skip

Day 5
(Cardio day):

5 km Run

Day 7

- 1 cup cooked oatmeal
- 1/2 cup skim milk
- 2 TBSP raisins

- 10 strawberries
- 1/2 cup 1% cottage cheese

Turkey Salad

- 4 oz deli turkey
- 2 cups mixed green salad
with
- 3/4 cup broccoli and
cauliflower
- 1 TBSP fat-free dressing
- 4 crispbread crackers

- 1 kiwi or small fruit
- 2 oz low-fat cheese

Chicken Breast

- 5 oz chicken breast baked
or broiled
- 1 small baked potato
(baseball size)
- 1 cup broccoli
- 2 TBSP low fat sour cream

- 15 grapes

WEEK 3

Day 1

Day 2

breakfast	<ul style="list-style-type: none"> • 6 egg whites • 1 slice whole wheat toast • 1 tsp light margarine 	<ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1/2 cup skim milk • 2 TBSP raisins
	<ul style="list-style-type: none"> • 1 cup fresh strawberries 	<ul style="list-style-type: none"> • 1 small apple • 1 TBSP all natural peanut butter
lunch	Burrito <ul style="list-style-type: none"> • 1 whole wheat tortilla • 1/2 cup black beans • 1/2 cup fresh salsa • 2 oz low fat cheese 	High-fiber Pasta <ul style="list-style-type: none"> • 1 cup cooked whole wheat pasta • 1/2 TBSP grated parmesan cheese • 1 cup cooked spinach
	<ul style="list-style-type: none"> • 1 banana (small) 	<ul style="list-style-type: none"> • 1/2 cup 1% cottage cheese
dinner	Chicken Breast <ul style="list-style-type: none"> • 4 oz skinless boneless chicken breast with seasoning- baked or broiled • 1 cup green beans with olive oil spray • 1 cup salad • 2 TBSP light dressing 	Baked Seafood <ul style="list-style-type: none"> • 6 oz baked seafood • 1 cup broccoli, carrots, and other veggies • stir fry with 1 TBSP olive oil • 1 cup salad • 2 TBSP light dressing
	<ul style="list-style-type: none"> • 1 low fat yogurt (60 cal or less) • 10 peanuts 	<ul style="list-style-type: none"> • 1 orange

WORKOUT PLAN

You will have 5 workouts total with 1 being a cardio day.
Make it work with YOUR schedule.

supplementation to levels consistent with what nature intended for the human body. And look at the ingredient list of any packaged item you put in your mouth. Look at the source. The maker of a food or food supplement should be a reputable company, with qualified experts doing the formulations.

IF YOU ENCOUNTER PROBLEMS

Many people who experience this weight loss system meet with complete, ecstatic success.

If you sense that your results should be different, remember that every human on this planet is distinct from every other and you are likely to react differently from anyone else to a given external stimulus. So if by some chance your rate of fat loss seems too slow, note this important fact:

Everyone loses fat at his or her own individual pace.

Just continue following the system and working out and your goals WILL be reached. You may simply be one of the few who are “slow reactors.” It may take a bit longer, but you WILL get there!

Also, you will want to make sure you’re maximizing your success by following the ENTIRE program outlined here. This is most important for anyone whose initial results may be slower in coming than others.

Day 3

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 2 oz low-fat cheese
or 2 string cheese

- Chicken Kabob**
Cut in pieces and put on skewer:
- 4 oz chicken
 - 1 small green pepper
 - 5 cherry tomatoes
 - 3 large mushrooms

- 1 orange

- Chicken Kabob**
Cut in pieces and put on skewer:
- 4 oz chicken
 - 1 small green pepper and onion
 - 1 cup broccoli steamed
 - 1 tomato sliced

- 1 plum or other small fruit

Day 4

- 3/4 cup shredded wheat or high fiber cereal (5 grams or more)
- 1/2 cup skim milk

- 1 low fat yogurt (60 cals)
- 10 almonds

- Ham or Turkey Sandwich**
- 1/2 whole wheat pita
 - 3 oz lean ham or turkey
 - 1 tsp Dijon mustard
 - 5 leaves romaine

- 1 small apple
- 1 TBSP all natural peanut butter

- Broiled Fish**
- 4 oz fish (any kind) with seasoning
 - 1 small baked potato (baseball size)
 - 1 cup salad
 - 2 TBSP fat-free dressing
 - 2 TBSP low fat sour cream

- 1 pear or plum

WEEK 3

Day 5

Day 6

breakfast	snack	lunch	snack	dinner	snack
• 1 cup cooked oatmeal • 1/2 cup skim milk • 2 TBSP raisins	• 1 orange	Burrito • 1 whole wheat tortilla • 1/2 cup black beans • 1/2 cup fresh salsa • 2 oz lf cheese • Tabasco to taste	High-fiber Pasta • 1 cup cooked whole wheat pasta • 1/2 TBSP grated parmesan cheese • 1 cup cooked spinach	• 6 egg whites • 1 slice whole wheat toast • 1 tsp light margarine	• 1 small apple • 1 TBSP all natural peanut butter
• 2 cups watermelon	• 1/2 cup 1% cottage cheese	Chicken Breast • 4 oz skinless boneless chicken breast with seasoning- baked or broiled • 1 cup green beans with olive oil spray • 1 cup salad • 2 TBSP light dressing	Broiled Fish • 4 oz fish (any kind) with seasoning • 1 small baked potato (baseball size) • 1 cup salad • 2 TBSP fat-free dressing • 2 TBSP low fat sour cream	• 1 low fat yogurt (60 cal or less) • 10 peanuts	• 1 peach or any small fruit

cookies or doughnuts with coffee and sugar, which in turn can set you up for a roller-coaster blood sugar ride for the rest of the day. Not a good idea.

- Avoid eating anytime within three hours of bedtime. Not eating near bedtime can help lower your fat levels and can change your eating patterns so that you are hungrier in the morning, leading you to indeed eat a small-to-moderate breakfast. This in turn helps control your mid-morning cravings.

- When you need to snack between meals, eat some fresh vegetables, or fat-free turkey deli slices, or a whole grain (not white flour) product, or some fruit.

- Meal size: A pattern of smaller, frequent meals throughout the day is more conducive to craving control than a pattern of starvation or mild snacking during most of the day combined with one large (often very large) daily meal. Studies have also shown that spreading food intake throughout the day helps in the weight loss effort, while concentrating calories all in one large meal sabotages it.

- Avoid overly salted foods, if they lead to sugar cravings or if you suffer from kidney disease or high blood pressure.

- Eat slowly: This will help minimize the effect of cravings, because you will find that you are satisfied sooner than you would be if you were wolfing your food down.

- Vary your diet: Boredom is what causes most people to abandon their weight loss efforts. Imagine if you ate nothing but carrot sticks and celery or cabbage soup for every meal. It wouldn't be too long before you'd be driving into the first fast food joint or stopping at the first bakery you saw. There are plenty of great tasting foods to give you all the variety you need for the rest of your life. Experiment with herbs and spices and different cooking methods.

- Try the following trick: Carry with you a small pad of paper on which to write down everything you decide to eat before you actually eat it. This will introduce an important time delay during which you are writing down what you're about to do. There is a good chance you will often find yourself changing your mind.

NUTRITIONAL SUPPLEMENTATION

It is often thought that a good, balanced diet should contain all the nutrients your body needs. But in today's world, with mass food production and soil depletion, it usually doesn't. And besides, how many of us really eat a "good, balanced diet"? For these reasons, and because optimal nutrition is especially important during a period of active fat metabolism and breakdown, we recommend that a good multi-vitamin-mineral be taken regularly.

GOOD JUDGMENT

In general, use your good judgment. Do not overdo anything. Keep all nutritional

Week 5 - Keep problem food out of the house. The old adage - out of sight out of mind - is true. If you know you and ice cream are inseparable, simply do not have it in the house. Have other treats that are healthier instead.

Benefit: When you do have the occasional ice cream you will enjoy it so much more.

Week 6 - Do not let yourself be around people who will pull you down. You need all the support you can get. Negative people or people who do not take what you are doing seriously will hamper your results. If there are people in your life who are sabotaging your efforts then you need to ask yourself if they are true friends. A true friend will be supportive and stand by your efforts to succeed.

CHEATING (Indulging)

Yes, you are going to slip once in a while. It's OK as long as you don't use it as an excuse to revert to your old eating habits. Just get back on track with your next meal. Don't feel guilty, Just remind yourself how well you've been doing and give yourself a pat on the back for coming so far. Learn to reject your old, bad ways — to renew your dedication to yourself and to the new body and health you are determined to achieve.

HOW TO HELP PREVENT CRAVINGS

BREAK THE CYCLE!

- **Food quality:** This is the most important factor you can change in the area of negative food cycles. Avoid all junk food. Avoid all foods that trigger cravings. Avoid all added highly processed foods. Eat real, recognizable food.

- **Avoid all added fats:** Added fats and oils can (a) make you fatter faster than anything else you can do or eat, (b) increase your risk of heart disease and cancer, and (c) can cause you to crave sweets.

- **Avoid sugar:** Refined white sugar (table sugar) is damaging to your health in many ways, and can (a) directly cause weight gain, and (b) cause cravings for fats that will further cause weight gain.

- **Drink plenty of water:** This is an easy, healthful way to help avoid cravings. Often, a perceived craving for food, particularly fatty food, may be satisfied with a cup or two of water! Drinking plenty of water also helps to naturally control appetite through a direct effect on the stomach. Always drink pure, fresh water; avoid tap water laden with chlorine and other chemicals. Aim for at least 6-8 cups of water per day.

- **Try brushing your teeth instead of eating!** Often, a craving for a particular food, especially high-fat, high-sugar food, is caused by something no more complicated than a bad taste in the mouth.

- **Food timing:** Do not skip breakfast; this can lead to hypoglycemia and severe cravings sometime around mid-morning, which may, in turn, cause you to eat

Day 7

- 3/4 cup shredded wheat or high fiber cereal (5 grams or more)
- 1/2 cup skim milk

- 2 oz low-fat cheese or 2 string cheese

Chicken Kabob
Cut in pieces and put on skewer:

- 4 oz chicken
- 1 small green pepper
- 5 cherry tomatoes
- 3 large mushrooms

- 1 orange

Steak Kabob
Cut in pieces and put on skewer:

- 4 oz lean steak
- 1 small green pepper and onion
- 1 cup broccoli steamed
- 1 tomato sliced

- 1 cup low fat yogurt (60 cals or less)

WEEK 4

Day 1

Day 2

breakfast					
snack					
lunch					
snack					
dinner					
snack					

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 1 cup cooked oatmeal
- 1/2 cup skim milk
- 2 TBSP raisins

- 1 low fat yogurt (60 cal)
- 10 almonds

- 1 small apple
- 1 TBSP all natural peanut butter

- Turkey Salad
- 4 oz deli turkey
- 2 cups mixed green salad with
- 3/4 cup broccoli and cauliflower
- 1 TBSP fat-free dressing
- 4 crispbread crackers

- Tuna Sandwich
- 1 slice whole wheat bread
- 1/2 cup water packed tuna
- 1 tsp reduced fat mayo with chopped onion, relish and mustard
- 1 tomato

- 1 apple

- 1 orange

- Taco Salad
- 4 oz lean ground turkey
- 1/4 cup pinto beans
- 2 oz low fat grated cheese
- tomato and lettuce shredded
- 1 corn tortilla

- Chicken Kabob
- Cut in pieces and put on skewer:
- 5 oz chicken
- 1 small green pepper
- 5 cherry tomatoes
- 3 large mushrooms (Grill or bake)

- 1 low fat chocolate pudding

- 1 low fat yogurt (60 cal)

as close to “real recognizable food” as you can get. A cup of fruit, or a fruit tart may do. In any event, avoid the creamy cakes and pies.

• In general, do not be afraid to ask for what you want. If they say “no”, say “good-bye.” There are plenty of restaurants that will be only too happy to accommodate you, so don’t put up with anything less than what you know is right for your body.

DEVELOP A GAME PLAN FOR BETTER HABITS

During the next few weeks you are going to try to become aware of any bad eating habits and substitute them with good habits. Most of us are so busy or preoccupied that we aren’t even aware of the things we can easily change which will go a long way in helping us achieve long term weight loss.

Week 1 - I will eat regularly. Most people skip meals because they think this is the way to lose weight. Actually the opposite happens. Instead of losing weight your body goes into starvation mode and hangs onto every calorie, especially the fat grams, because it doesn’t know when it will be nourished again. As a result you slow down your metabolism. Then, of course, you become so hungry the tendency is eat the first thing that is handy and to eat too much of it.

Benefit: By eating regularly you will help to speed up your metabolism, feel more energetic, and reduce your appetite.

Week 2 - I will eat slowly and will allow at least 20 minutes for each meal or 10 minutes for snacks. Keep in mind that it takes the brain a good 20 minutes to sense that your stomach is full. That’s why you often feel very full after eating a very large meal quickly- the brain didn’t have ample time to sense that the stomach was full and you ate beyond what your body needed.

Benefit: You will feel more satisfied with smaller food quantities and eat less than those who eat fast.

Week 3 - I will not allow social situations to dictate what I eat or how much I eat.

Benefit - By taking back control of how you react in social circumstances you will also be empowering yourself in other areas as well which will contribute to better self-esteem.

Week 4 - Plan ahead. Try to start thinking of what you will be eating the next day or even the next week. This way you will never be taken off guard. Actually plan the next day’s meals.

Benefit: You are more likely to stay on your program and then turn it into a real lifestyle change. Without a true lifestyle change it is very hard to maintain this program for the rest of your life which is the real key to keeping your weight and health where you want it.

simple but powerful principle of eating.

The second timing principle - to stop eating when you're no longer hungry - is also very powerful, but may contradict some childhood training. Remember the saying "Eat! Children are starving somewhere..."

That may be true, but it is certainly no reason to stuff yourself. Childhood lessons are not always good ones. The most natural time to stop eating is when you're full, which is, surprisingly, not what most of us do. This principle means that you should stop even if 95% of the food is still left on your plate or if only 5% is left. It doesn't matter. The amount of food on the plate is of no importance; it is completely arbitrary and irrelevant to your body's needs. What is important is only how you feel. If you're satisfied... if the hunger is gone... STOP.

RESTAURANT EATING

This is a particularly troublesome area. Restaurants, for some unknown reason, love oil and butter. Even simple salads are drowned in truly ridiculous amounts of oil. Vegetables are cooked in butter and topped off with more butter before being brought to the table.

Food freshness is also an area of concern. Fish, poultry and meat, in descending order, are most likely to be problematic. Be careful. Ask plenty of questions, particularly about freshness. If there is any reason to believe your food is not fresh, order something else, or leave.

When ordering in a restaurant follow these simple rules:

- Always ask how much oil or butter is in the dish(es) you wish to order.
- Insist that the dish(es) you want be made without oil, or butter or, at worst, a very small amount.
- Refuse any offer of sprinkled cheese to go over your food.
- Order salads with vinegar dressing only, or lemon wedges that you can squeeze onto the salad. If you must order dressing from the house, get one that separates, like vinaigrette, so that you can pour off the oil that floats on top, using only the tasty part below the oil. Or bring your own, healthful salad dressing.
- Never order anything that is deep fried! Remember to ask about this, because there are many more foods that are deep fried than is obvious from most menus. For example, Italian restaurants often deep fry their "eggplant parmigiana."
- Avoid creamy foods. Many dishes that are normally prepared with cream are just as tasty without it. Ask the kitchen to prepare it the way you want it.
- Order a salad first, the larger the better, and ask that it be brought out immediately. Avoid the oily/creamy dressings, and eat the salad as soon as it comes out.
- Say 'no' to the rolls and butter.
- Try to resist the temptation to order dessert. If you must do so, get one that is

Day 3

- 6 egg whites
- 1 slice whole wheat toast
- 1 tsp light margarine

- 6 strawberries
- 1/2 cup 1% cottage cheese

- Chicken Pita Sandwich**
- 4 oz chicken breast baked, broiled, or grilled
 - 1/2 whole-wheat pita
 - 5 leaves romaine
 - 1 tsp Dijon mustard

- 6 strawberries
- 2 oz low-fat cheese

- Baked Seafood**
- 6 oz baked seafood
 - 1 cup broccoli, carrots, and other veggies
 - stir fry with 1 TBSP olive oil
 - 1 cup salad
 - 2 TBSP light dressing

- 2 cups watermelon or 1 slice

Day 4

- 1 whole-wheat tortilla
- 4 egg whites
- 1/4 cup salsa

- 1 low fat yogurt (60 cals)
- 10 almonds

- Turkey Sandwich**
- 4 oz deli turkey
 - 2 oz low fat cheese
 - lettuce and tomato
 - 1 TBS fat-free mayo
 - 1 slice whole wheat bread

- 2 TBSP low-fat peanut butter
- 1 apple

- Chicken Kabob**
Cut in pieces and put on skewer:
- 5 oz chicken
 - 1 small green pepper
 - 5 cherry tomatoes
 - 3 large mushrooms (Grill or bake)

- 1 orange

WEEK 4

Day 5

Day 6

	breakfast	Day 5		Day 6	
		<ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1/2 cup skim milk • 2 TBSP raisins 		<ul style="list-style-type: none"> • 6 egg whites • 1 slice whole wheat toast • 1 tsp light margarine 	
		<ul style="list-style-type: none"> • 1 small apple • 1 TBSP all natural peanut butter 		<ul style="list-style-type: none"> • 1 low fat yogurt (60 cal) • 10 almonds 	
		Chicken Pita Sandwich <ul style="list-style-type: none"> • 4 oz chicken breast baked, broiled, or grilled • 1/2 whole-wheat pita • 5 leaves romaine • 1 tsp Dijon mustard 		Tuna Sandwich <ul style="list-style-type: none"> • 1 slice whole wheat bread • 1/2 cup water packed tuna • 1 tsp reduced fat mayo with chopped onion, relish and mustard • 1 tomato 	
		<ul style="list-style-type: none"> • 1 apple 		<ul style="list-style-type: none"> • 6 strawberries • 2 oz low-fat cheese 	
	dinner	Broiled Fish <ul style="list-style-type: none"> • 4 oz. broiled fish with lemon • 1 cup steamed broccoli or brussel sprouts • 1 cup green salad, • 1 TBSP fat-free dressing 		Taco Salad <ul style="list-style-type: none"> • 4 oz lean ground turkey • 1/4 cup pinto beans • 2 oz low fat grated cheese • tomato and lettuce shredded • 1 corn tortilla 	
		<ul style="list-style-type: none"> • 1 low fat yogurt (60 cal) • 10 almonds 		<ul style="list-style-type: none"> • 1 low fat chocolate pudding 	

FOOD PREPARATION

This subject could fill a book all by itself. The essential point to remember is, once again, to reduce added fats and oils! Do not fry with oil. Use non-stick pans and fry with water or non-fat chicken broth. A little experimentation and you'll see how easy this is. Also remember that any menu that contains oil, butter or margarine can easily be made as well or nearly as well without those ingredients. You must experiment to apply this concept to every one of your favorite recipes, but the reward for doing so is very high. It will mean better and better health as well as greater and greater success.

FOOD TIMING

The best way to arrange your food day is to spread out your daily intake into several meals, as opposed to eating, say, one large meal per day. Studies have shown that when two comparable groups of people eat the same number of calories but on different schedules, the group that eats one large meal per day tends to gain weight and feel worse, while the group that spreads its calories out during the day tends to feel better and not gain weight.

The typical large dinner with which most people are familiar is problematic because the natural daily rhythms of the body are such that evening is when it is preparing for rest, not a large meal. More importantly, food eaten late in the day is much more likely to be converted to stored body fat. So eat a light meal for dinner — a piece of grilled chicken, brown rice, and vegetable - just watch the portion size. Remember: food eaten this late will almost certainly be converted to body fat; and body fat, once accumulated, comes off much slower, and with much greater difficulty, than it goes on - a fact with which many people are already familiar.

Always eat breakfast. A cup of cream of wheat, shredded wheat, oatmeal, or an egg white omelet is a great way to start the day. It fuels the body and mind, giving you that extra bit of energy necessary to meet today's challenges. Whatever you do don't skip this most important meal.

In addition to breakfast, lunch, and dinner be sure to eat a small snack midmorn- ing, and another between lunch and dinner.

WHEN TO EAT; WHEN TO STOP

Naturally thin people typically follow both of these two simple patterns:

- 1) Eat only when hungry; and
- 2) Stop eating when no longer hungry.

This is how primitive man ate, a good indication that it is the way nature intended. Most of us have been conditioned to eat when it's time to eat: lunchtime, dinnertime, breakfast. But the truth is that it is far more natural to eat when you're hungry. That means truly hungry, not just craving food. As much as possible, try to follow this

still eating, the temptation to go back for seconds is too great even if you are satisfied. Now, if you find that you are still truly hungry, by all means go back for seconds but ask yourself if you're still hungry or if you are getting seconds out of habit.

5) Avoid snacking unless it is a planned snack to count toward your servings.

DON'TS

1) Don't go on repeated diets, each of which usually sets you up to regain everything you lose, and then some, just as soon as you "go off" your diet. Instead, follow the simple guidelines below.

2) Reduce the fats and oils you eat. This is by far the most important rule to remember, and it cannot be overemphasized. The words "added fats and oils" have a very specific and special meaning here, referring to all those unnatural fats and oils that humans manufacture, process, and add to the food they eat.

It is very important to reduce ALL added fats and oils, not just because they'll make you fat, but because they'll also make you sick, linked as they are to such disorders as breast and colon cancers, heart disease, and other serious illnesses.

Cutting back on added fats and oils means reducing:

- Margarine,
- Mayonnaise,
- Olive oil,
- Butter,
- Oily salad dressings,
- Chips of all kinds (unless they're baked),
- Fried foods,
- French fries,
- Cream cheese,
- Ice cream,
- Lard,
- and any other manufactured fat or oil.

If you don't like salads without dressing — try lemon juice and a little olive oil. It's delicious! Or... try any of the oil-free salad dressings now widely available.

All the above-listed items are horrible for you. But the hydrogenated products such as margarine, mayonnaise, and all heated fats and oils are the worst, as they are high in trans fats, substances that form when fat or oil is heated or heavily processed. Trans fats are directly implicated in the onset and/or exacerbation of obesity, cardiovascular disease and cancer. Avoid these "foods" at all costs.

3) Avoid processed foods high in sugar and white flour. Check your labels and do not eat anything that has too much of these items in the ingredient list, as they too contribute to obesity and ill health.

Day 7

- 1 cup cooked oatmeal
- 1/2 cup skim milk
- 2 TBS raisins

- 6 strawberries
- 1/2 cup 1% cottage cheese

Turkey Salad

- 4 oz deli turkey
- 2 cups mixed green salad with
- 3/4 cup broccoli and cauliflower
- 1 TBS fat-free dressing
- 4 crispbread crackers

- 1 orange

Chicken Breast

- 5 oz chicken breast baked or broiled
- 1 small baked potato (baseball size)
- 1 cup broccoli
- 2 TBS low fat sour cream

- 15 grapes

THANE Fitness™ Nutritional Guide

Any medical or health-related information contained in this book is not intended as a substitute for consulting your physician. Any attempt to diagnose or treat any illness or medical condition should come under the supervision of a qualified physician familiar with your personal medical history.

The information contained in this book, and the Weight Loss System described herein, are intended for use by normally healthy individuals as part of a general program of improvement of body appearance.

CHECK WITH YOUR PHYSICIAN BEFORE STARTING ON THIS OR ANY PROGRAM OF PHYSICAL CHANGE.

FOOD and HOW TO CONTROL IT

DOs

1) ALWAYS BALANCE WHAT YOU EAT -- so that your intake of complex carbohydrates approximately matches your intake of protein. You may do this by simply estimating the quantity of the foods you are eating. Example: if you have a dish full of pasta in front of you (high carbs) then you need to balance it with what you approximate to be an equal amount (by volume or better, by weight) of high protein food.

COMPLEX CARBOHYDRATES:

- Brown rice
- Yams
- Grits
- White potatoes
- Sweet potatoes
- Oatmeal
- Oat bran
- Corn
- Whole grain breads
- Whole grain pastas
- Shredded wheat
- Cream of rice cereal
- Black-eyed peas
- Lima beans
- Black beans
- White beans
- Pinto beans

PROTEIN:

- Boneless skinless turkey breast
- White meat chicken
- Egg whites
- Pork tenderloin
- Canned tuna packed in water
- Nonfat dairy products
- Shrimp
- Eye of round steak
- Cod
- Flounder
- Haddock
- Scrod
- Halibut
- Sirloin
- Canned white meat chicken in water
- Fat free turkey or chicken breast deli slices

2) DRINK PLENTY OF WATER! Try to drink eight 8-ounce glasses of water or more each day. It is usually best to use bottled spring or distilled water, since the water in most areas today is heavily treated with chlorine and other unhealthy chemicals.

3) Eat plenty of fibrous vegetables and leafy greens, they are the BEST possible foods to eat! And remember not to ruin things for yourself by adding oily salad dressings, mayonnaise, or sour cream!

4) Make a conscious effort to cut down on portion sizes. It's amazing how, when your plate is heaping with food, from edge-to-edge, you will probably eat until there is not a speck left. Instead, only put half as much food on your plate as you normally would. Take your time eating so that you are not the first one finished. If everyone is still eating, the temptation to go back for seconds is too great even if you are satisfied.