

“The Pinch diet”

Intro & disclaimer: This diet is for the sole purpose of information. This document is not intended to give medical advice and should not be construed in such manner. Always consult your physician before undergoing any diet program.

There are 2 major components to weight loss and overall good body health:

1. Food consumption (diet)
2. Exercise

Document all of your daily eating. Get a 3 ring binder and download my “[daily progress chart](#)” file to keep a daily diary. Print out multiple copies and start recording your eating patterns. When you see it on paper it's easier to make adjustments.

You can search and research all the different diet programs till you're "blue in the face" and be told that you'll "lose weight fast and easy", "food or calorie shifting" is the easiest program etc. etc. But actually you don't want to lose weight fast you want to lose weight naturally (and it's never easy). You have to want it bad enough. It will always be an ongoing challenge to eat right, but when you eat right the weight naturally falls off, you'll see the rewards, believe me it will motivate you!

“The Pinch diet” consists of every 1-2 hours taking a small handful (pinch) of a snack (to keep your metabolism going. You only take one small pinch even though you may want to eat more, just eat one small handful.

What’s the hardest part of any diet?

(Answer) **Staying on it and staying motivated!** You have to constantly be talking to yourself about the foods your going to put into your mouth. Self talk and support from family and friends is a huge part of staying on a diet and motivated.

This is one of the biggest and most important tips: Get support form friends and family. Let them know that you are serious about your weight loss.

1. Food consumption

You have to eat better foods in order to lose and maintain a healthy weight. If your body naturally burns 1,500 – 2,000 calories and you’re consuming 3,000 – 4,000 a day, you’ll never lose the weight. One of the first things you have to do is get the bad foods out of your house. This will limit the impulse to binge on something bad.

Get all the sweets out of your house (sweets, cookies, candy, cake etc.). Get the temptations out of the house. No more sweets, chips or pizza.

If you go out for lunch with your co workers and it's hard to order healthy, if you find yourself going with them and intending to order healthy but don't, then don't go! When you have healthy minded ordering under control, then go with them.

Stop drinking soda.

No more fried foods. (These are the two worst foods for you)

Drink more ice-water 6-8 glasses (purchase a water filter). Your body is spending extra energy and burning calories to warm up the ice-cold water in you body, which is a metabolism booster.

Good substitute snacks when craving sweets (**apples with peanut butter**). **Or** Buy a container or bag of **organic "baby" spinach** (you can get the regular spinach, but the "baby" leaves are a little smaller and easier to eat). Take a pinch whenever you think about it. **Or Raisins** (not too many, just 2-3 pinches a day). **Or an apple**

Reduce meats from 2-3 times a day to once a day (or none once in awhile).

Eat more fruit and veggies (snack on raw veggies).

Good cancer fighter: Once a day (AM or PM) eat ½ cup cottage cheese with 3-4 tablespoons of flax oil. If you don't like the taste add a tablespoon or two of applesauce. This is an excellent cancer fighter and excellent for the joints, great Omegas.

If you drink coffee, get a low acid blend and drink only 1-2 cups a day maximum.

Drink a glass of aloe vera juice a day. (Health food store)

No more "big meals". When you sit down for a meal, make it half the normal portion.

Even though you get enough water and hydration from eating the right foods, it's a good idea to drink 4-6 glasses of water a day. It's good to constantly be sipping on a bottle/glass.

Make your own "trail mix". Most stores now days have a "health food aisle". Buy some (no salt) Brazil nuts, cashews, almonds (raw or roasted no salt) and some dried cranberries (and/or raisins) and mix it all together. Take a pinch every hour or so.

2. Exercise

(Do these exercises when you first wake up.)

Do 10 push-ups on your knees then do 10 on your toes then 10 on your knees then 10 on your toes (total of 40)

Deep knee bends: 10-15 four to five times a day (throughout the day, spread them out)

Walk (as fast as you can) before or after work for 15-20 minutes

Do 10-15 curls (barbell or dumb bells)

Do stretching exercises. Touch your toes (don't bounce though)

Look into Yoga (Books at the bookstore, online, "Yoga for Dummies")

Daily diet regimen

Breakfast: (Always eat breakfast) ½ cup cottage cheese with 3-4 tablespoons of flax oil, **or** 1 banana, **or** 1 apple, **or** oatmeal (no sugar) with cinnamon (no sugar added to the cinnamon) **or** yogurt.

Supplements: AM (when you wake up) - Take (2) fish oil caps (great omegas), (2) baby aspirins, (1) 400 mcg folic acid.

AM or PM (Anytime during the day) (1) tbs of organic olive oil (gulp it down and chase it with water if you need to).

Every 1-2 hours take a pinch of trail mix, or slice of apple, or pinch of grapes, spinach.

Lunch: A large salad, no red meat, chicken if you like, light dressing (no ranch, thousand island etc.) balsamic vinegar (vinaigrette), light Italian.

Eat at least 1 salad a day (if not more). Make a salad at least one main meal of the day.

Dinner: Eat more grilled fish (tilapia, salmon, cod, mahi-mahi), vegetables, spinach

Always talk to yourself ex: "heart disease is the number one killer", "eat for the heart", "cancer prevention" "does this have good antioxidants" etc. Talk yourself out of an urge or craving or eating bad foods.

Throughout the day (and night): Take a handful of fresh organic baby spinach

Here's the reward:

When you get things under control, you can periodically treat yourself to a shake, some pizza, ice cream etc., but only once in awhile (if you want or crave it, when you start making a habit of eating good, those cravings tend to go away).

When you eat right the weight naturally falls off!

ALWAYS WATCH LABELS FOR GOOD & BAD FATS:

- **BAD FATS: TRANS FATS AND SATURATED FATS**
- **GOOD FATS: MONOUNSATURATED, POLYUNSATURATED**

This is a highly recommended diet and exercise program: TruthAboutAbs.com
Much of this information was inspired by it.

Mike Geary is the creator of "TruthAboutAbs" and it's one of the most popular and successful diet programs today. He is a certified nutrition specialist and certified personal trainer.

He is definitely INTO health, fitness, weight loss and overall health. His follow up emails and tips are impressive. When you purchase Mike's program he is constantly emailing you with great diet, exercise and health tips.

Mike gives a huge amount of support (which is the main component of a diet). He's constantly emailing you with eating/food tips and workout tips.