



## CHEAT SHEET

# Helpful Habits for Healthy Fat Loss: The Slow Road

Time and again research and experience bears out this fundamental truth: Lasting transformation is a series of small, cumulative steps over time. 95% of the time, diets and weight loss plans for quick fat loss are not sustainable over the long haul. If you can let go of the fantasy notion of overnight transformation, consider making slow steady changes to your daily habits. (Check out this blog post for more inspiration: <http://www.thecleanfoodcoach.com/forget-the-fast-track-to-fat-loss-join-me-on-reality-road>).

A habit is sustainable. A diet is not. Following are 12 powerful, health-and-physique-changing habits. They are not a “magic pill”, but rather a collection of tools for your transformation toolbox.

## Guidelines

- Get yourself eating clean before taking on any of these habits. Clean food is the first foundation for health. (<http://www.thecleanfoodcoach.com/what-is-clean-food>)
- Take them on one at a time. We have the most success when focusing on one primary effort. Each habit will require many smaller changes to achieve, so keep it simple: ONE AT A TIME
- My advice is to work doggedly with one habit for a full month before tackling the next, giving you a year's worth of simple goals. If you can't handle the thought of a whole year, then give each habit at least a week to work with, taking you through 3 months.
- While you are working that habit, that should be your primary focus. Develop your own strategies for making this habit change in your life. Start as slowly as you need to, but be consistent in your efforts.
- Once you have adopted a habit, keep it up! This effort is cumulative, not serial. Each habit builds on the next. They call for adding things before taking anything away, which is less challenging both mentally and physically.
- If you find a helpful habit dropping off, return to that one and “re-install” it into your life before moving on to the next.
- Shoot for progress, not perfection. Do what works for you personally. If a habit isn't a good fit, pick another one. But stick to it.

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## Habits

1. Sleep for 8 hours per night.
2. Drink 8-12 glasses of water daily (8 for cool, relaxed days and up to 12 for days when you sweat).
3. Eat protein at every meal and snack.
4. Eat a **minimum** of 4 cups of raw vegetables and 2 cups cooked or blended vegetables every day, mixed colors. (Think half a plate of veggies three times per day.)
5. Keep your meals and snacks primarily low in carbohydrates OR low in total calories (which means low in fat or smaller portions).

6. Eliminate gluten and gluten-containing grains and processed foods.

**NOTE:** Try complete elimination for a 1-month trial period and note whether it improves your weight profile, cravings, overall health or how you feel before considering making it a permanent habit.

7. Cut out sugar OR eat sweets that are low in total calories. (Think fruit or treats sweetened with clean, low-glycemic load sweeteners, such as stevia or erythritol. You could also try gradually reducing portion sizes if you want to keep eating sugar-based sweets: start with half, then one quarter, then 3 bites.)
8. Swap flour-based products (baked goods, pasta, etc.) for gluten-free whole or sprouted grains (brown rice, quinoa, gf steel cut oats, etc.).
9. Eliminate dairy OR reduce total dairy consumption and **ONLY** choose pastured, organic options. Consider goat and sheep's milk alternatives.

**NOTE:** Try complete elimination for a 1-month trial period and note whether it improves your weight profile, cravings, overall health or how you feel before considering making it a permanent habit.

10. Reduce meal size. For women: try replacing your dinner-sized plate with a lunch-sized plate. For men: try eliminating "seconds" OR plate your food normally and remove 20% before sitting down. Another option is to eat just to satisfaction and to stop before you actually feel full at each meal.
11. Eliminate alcohol OR keep consumption to 1 gluten-free drink, red wine is best, with protein and/or fat, never on an empty stomach.

**NOTE:** Try complete elimination for a 1-month trial period and note whether it improves your weight profile, cravings, overall health or how you feel before considering making it a permanent habit.

12. If you are going to indulge yourself, consider it carefully first and choose only **ONE** indulgence, i.e. have a super-late night OR have extra alcohol OR have a big plate of food at dinner OR have a sugary dessert. No "stacking" one indulgence on another – get right back to your great habits, starting at your next meal.