

Eating Right

Eat the right foods at the right time. What I mean by eating foods at the right time is that the bigger portions should be eaten earlier in the day when you're active and it has time to process throughout your body and burn off. This doesn't mean you should gorge yourself on as much food as you can eat during the day. You still want to be mindful of the amount and type of foods you eat. And it's best to eat smaller amounts, but more often through the day instead of the typical 3 main meals (breakfast, lunch and dinner). This is something you'll be able to train yourself to do with a little self-discipline and practice.

The smaller portions should be eaten at the end of the day, but not too close to bedtime, so the food doesn't just sit in your belly in a slow processed state turning into fat. Our bodies are resting while we sleep so eating too much too late won't allow the food to process and burn off like it does when we are active during the day. This may seem difficult because I think we all love to eat big dinners at the end of the day when we're relaxed with our families or in front of the TV. There's something about having a full belly before going to bed. But this type of behavior is exactly why we get into the rut of continuously gaining weight even if we work out.

A normal schedule for us is to be active during the day and to sleep at night. So, we don't want to eat too much too late or it will just sit in our bellies turning to fat while we sleep. This takes self-discipline and it's not the easiest thing to do at first. But, once you train yourself and settle into a routine of eating the right foods at the right times, it becomes second nature and there's no need and hopefully no desire to go back to the old ways of unhealthy eating.

Successful Mindset (for eating)

As mentioned previously, you need to train your brain. This may be the first and most important goal to achieve for your healthy lifestyle journey. You need to focus your attention on positive and fulfilling thoughts and behaviors. When it comes to eating, you need to always be thinking healthy thoughts and continuously remind yourself of the benefits eating healthy and achieving and maintaining a healthy weight level will give you, like more energy to get you through the day and less weight to lug around, which will also decrease the pressure on your back and joints and relieve some of that annoying pain.

Always keep those good thoughts in front of you and give yourself an imaginary pat on the back each day you stick to your healthy eating goals. This will reinforce your positive thinking and motivate you to continue achieving your health goals. Allow yourself to be excited about your progress. Maybe dance around a little and laugh to yourself (preferably when nobody's looking, of course) to release those endorphins and continue feeling good about yourself. There's nothing wrong with being confident and feeling good about yourself as you progress toward healthy living and achieving your daily goals. It will motivate you to continue the right path!

Proven Techniques

First of all, don't eat just for the sake of eating. Wait until you're hungry. Through self-motivation, positive thinking and self-discipline, I've created and maintained certain techniques that have worked for me and can work for you. I've discovered a couple of very helpful tidbits that allowed me to get on and stick to my eating regiment, but still enjoy delicious foods like everyone else.

First, you don't have to give up all the foods you love, but to be healthier and get down to a healthy weight level, you will need to

keep tabs on what, when and how much you eat. This begins with your mind and all of us can use our minds to do extraordinary things and change our bad habits to good (healthy) habits - refer to the **'Successful Mindset'** section just above.

Here's what has helped me lose the necessary weight and maintain a healthy weight level: First, I've reduced the amount of carbs in my meals. I'm still eating things like rice, pasta and breads, but in smaller amounts and for dinner I've taken it a step further and leave out the buns for my turkey burgers and eat a much smaller amount of rice and pasta with my flavorful, yet healthy ground turkey and chicken dinners.

My dinners consist of a small portion of things like rice, pasta and healthy sauces, a larger amount of cooked vegetables and a decent portion of meat, like boneless, skinless chicken or lean ground turkey. I also mix in salads throughout the week, consisting of a couple of different kinds of lettuce, some veggies (like avocados, onions, green onions, tomatoes and beets) and shaved almonds, along with either some balsamic vinaigrette or Italian dressing mixed with a small amount of blue cheese or French dressing, for example. Secondly, we bake healthy cookies (available for sale from our website at thehealthycookies.com), which are packed full of nutrients, and I use them as fillers between meals to satisfy my hunger, along with some milk or water. If you feel that you must snack after dinner, but before you go to bed, it's better that you only have a very small amount of actual dessert or a moderate number of healthy snacks, instead of large portions which will just sit there turning into fat.

So, a very helpful technique for curbing the nightly 'unhealthy eating' habit is to first eat your healthy dinner a few hours before going to bed and, if needed, fulfill your late-night cravings with just a small amount of dessert, like a bite or two of ice cream, a banana with

Adams peanut butter or a couple of nutrient rich and flavorful healthy cookies.

It's amazing how once you get used to it, just a bite or two of desserts, like Nutter Butters or even cake, can satisfy the hunger and sweet tooth. Of course, as time goes on, you'll want to cut desserts back to only a few times a week and eventually replace the dessert foods with something healthier, like dried fruit, nuts, bananas with peanut butter or our healthy cookies. I've lost weight and gotten down to and maintain a healthy weight level by consistently following this type of eating regiment.

This may seem difficult at first. So, you need to get yourself in the right mindset. Part of getting yourself in the right mindset is self-discipline. Sticking to the plan at all costs. When those cravings come, but you're not actually hungry and you simply want to eat because you enjoy it, you must refocus your energy off food and onto something productive and positive. Overeating is not productive and positive, so this is where you need to channel your efforts on your business, your family or something fun and off food.

Instead of thinking about food during these times, you should pour yourself a drink of water, juice or tea or another healthy beverage (as a substitute for food) and then focus your energy on something other than food that will get you closer to living successfully (like your business, organizing, etc., etc.). You should do this each time you start thinking about food but know that you don't need to eat until it's time to eat.

This will eventually become second nature to you and food will become the afterthought instead of your focus. By conditioning your brain like this, you'll be able to lose weight, maintain a healthy weight level and get in the habit of performing productive and routine tasks that will get you that much closer to living successfully and becoming

wealthy if that's one of your end goals.

So, when you're at work and everybody's passing around or offering you donuts, cookies and every other type of dessert under the sun, you need to resist each time unless it's been a while since you've allowed yourself dessert and you are hungry and don't have a healthier snack tucked away in your purse or backpack. But, if you do, eat that instead. At this point, your self-discipline and positive mindset come into play. Use them to continue down the right path and make the right decisions about your health.

In my experience, the norm is for people to accept these dessert offerings without giving it a second thought because, why not, we all love tasty desserts and we tell ourselves that we can always work it off later. The problem with that type of thinking is that people usually don't work it off later because they either don't have the time or they are simply too tired (from being in a sugar coma!). Extra weight continues to plague many people. Don't be one of them. You can lose the weight and be healthy. Just follow the success model outlined in this book and get on the right track to superior health.