

## **November Super Slim Down Quick Start Guide**

Congratulations on making the smart decision and investing in yourself and your health with the 14-Day Super Slim Down!

If you've purchased any of my programs before, then you probably know I like to keep things simple, straightforward, and to the point...

And that's what I'm going to do right here :)

Here's how to get started with the November Super Slim Down, along with how to give yourself the BEST chances of success:

### **1. Follow the program for at least 14 days.**

I know, this sounds really simple, and it is. However, you'd be shocked at how many people purchase weight loss programs and never actually do them.

The only way you're going to lose the weight, burn the fat, and get in amazing shape is by actually following the program.

### **2. Eat until you're full but not stuffed**

This program is not based on eating a certain amount of calories per day. Everyone is different and your body has its own individual needs.

That's why I want you to focus on eating until you're full, but not stuffed.

If you have a meal and you still feel hungry, wait 20 minutes. After 20 minutes, if you're still hungry, then eat some more.

In most cases, we eat so fast that it's hard to tell when we're actually full. Slow down and enjoy your meals.

### **3. Be easy on yourself!**

You don't have to be perfect.

If you don't lose as much weight as you want right away, please don't beat yourself up.

This is a process and I'm here to help you.

### **4. Don't ever force yourself to eat**

If you're not hungry, don't eat! That's a simple rule that I want you to follow for the rest of your life. You should never force yourself to eat.

If breakfast really fills you up and you're not hungry for lunch, that's perfectly ok! Simply eat again when you are hungry.

### **5. Food substitutions**

If you don't like a particular protein, you can swap it out for something else. For example, if you don't like steak, you can use chicken, lean ground beef, turkey breast, or fish as a substitute.

If you don't like certain veggies or fruits, you can swap them out for others on the list below:

#### **Healthy proteins:**

- Ground beef
- Chicken
- Steak - flank or sirloin
- Fish
- Turkey/ground turkey
- Eggs

- Plain Greek yogurt
- Cottage cheese
- Pork loin
- Lamb

**Veggies and Fruits:**

- Broccoli
- Brussel sprouts
- Cauliflower
- Romaine lettuce
- Spinach
- Green beans
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Tomato
- Peppers
- Radishes
- Watermelon
- Apples
- Frozen fruit
- Zucchini
- Cucumbers

You can also snack on any of these foods between meals. Again, just make sure you're only eating when you're hungry.