

DAY 1

MEAL FREQUENCY



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Welcome to your first day on the 21-Day Slimdown. Let me tell you, you're not going to believe how easy this first day is going to be.

All you have to do is...eat!

As I've said, the heart of the 21-Day Slimdown is eating. You eat to lose weight, and the first secret to the Slimdown is to eat more often in regular intervals.

Today, you're not going to worry so much about what to eat, but *when* to eat. All you must do today is eat every three to four hours. That's it! You're doing far more good for yourself than you know. Indeed, researchers have discovered that when people take the same amount of food they eat in their three regular meals regardless of what that food is and divide it into five meals, they start losing weight. Isn't that amazing? Just by sequencing your meals and spreading them out, you can start dropping weight *without ever changing the food you eat!*



THE POWER OF FREQUENT MEALS

Why are frequent meals so important? Although your goal is to get as much good food as you can past your fat cells and into your lean muscle tissue, you must be wary. Your lean muscle tissue can handle only a certain amount of food at a time. In other words, after you eat that amount, the cells in your muscles shut their doors and don't allow any more food in, no matter how nutritious it is, until it has burned up the food already there. So where does the excess food go? You guessed it: straight to your fat cells.

Let me give you an example of what I'm talking about. (I'm going to be mentioning calories here, but I'm only doing so to illustrate my point, not to make you think you have to count calories to succeed in this program.) Let's say it's lunchtime and you have the type of body that needs 500 calories to keep functioning until your next meal. But then you sit down at lunch and ingest enough food to add up to 1,000 calories. That excess 500 calories (no matter where it is coming from – chicken, fruit or cookies) is most likely to be stored as fat.

Are you getting the picture? If at some point during the day you eat a very large meal (which almost all of you do), you're liable to saturate your fat cells. And don't think you're doing yourself a favor if you overeat at one meal and then wait several hours before eating another meal. By then it's too late. Your body has already taken the extra calories from that first meal and sent them to its fat cells. What's more, all you're doing by waiting several hours to eat again is building up your appetite to the point that you'll almost certainly overeat the next time. In fact, your fat cells will play a vicious game with you if you try to lose weight by under-eating. The more meals you try to skip in the hope of losing weight, the more your fat cells (sensing an oncoming famine) will send out those notorious enzymes in order to grab most of the calories you ingest when you finally eat again.

Moreover, when you spend too much time between meals, your body isn't going to want healthful food. Every study done of eating patterns has found that the longer you wait between meals, the greater the amount of high-fat food you will consume at the next meal. Let's say you're trying to get lean, and you have a cup of coffee and toast for breakfast. Then you eat a salad and yogurt for lunch. Then you go from 1:00 p.m. to 7:00 p.m. without eating. When you walk into the house, exhausted and hungry, what do you think you're going to want to eat? Certainly not a healthful meal like a grilled chicken breast with steamed broccoli and brown rice. You are craving fatty foods and sugar – the very things your muscles will never take in.

This craving is a physical need, not just a psychological one. Your body is shutting down and requires energy in a hurry, and sugar and fat are two of the best ways to get that quick fix. The reason you also crave fat is because you want food that is instantly satisfying and fills you up fast. It's a fact: Under-eating always leads to overeating. Skipping meals will set off an increased craving in your body for the very foods you're trying to avoid.

HOW CAN YOU EAT SO OFTEN?

Let me stop and guess what your thoughts might be at the moment.

You think there is no way you can eat so much food four or five times per day, and you believe there is no way you can even find the time to squeeze in so many meals per day.

The fact of the matter is that most of you are already eating five times per day. There's no question about it. What many of you are conveniently ignoring is the caloric impact of your little 60-second "snacks" that you have in the mid-mornings and mid-afternoons. You're also forgetting about that quick graze in front of the refrigerator right before you go to bed at night. You don't realize that those little snacks are usually so high in fat and so loaded with calories that you may as well be eating a full meal.

Let's consider the typical American diet. Doughnuts or a couple of bagels in the morning, then lunch, then a vending machine snack in the afternoon, a big dinner and then ice cream late at night. That's five meals. And as you're going to learn tomorrow, if you ate the right foods that many times per day, you'd be overwhelmed by the amount of food you could eat. You'd be even more overwhelmed by the fact that you'd start losing weight.

YOUR DAY 1 EATING GUIDE

Your task for Day 1 is very basic. You're not going to find any recommendations on what to eat – that will start tomorrow. I only want you to eat five meals today, each one coming approximately every three to four hours.

Please note: I'm giving you five meals each day because I count the snacks you're eating already as meals. (Considering the kind of quick food you probably eat during a normal snack, a snack is almost always higher in fat and often higher in calories than a regular meal.) Moreover, if you ever happen to note the times you eat during an average day, you will probably realize that when you include your snacks, you might be eating more than five times per day.

Another critical point to remember: This week, your third meal and fifth meal will look more like snacks and low-fat desserts. By next week, however, we will make those into light protein-carb meals just like the others.

I'm offering you times of the day you can eat, but again, I want this program to provide flexibility. You can decide when to have your first meal. Just make sure you start eating in regular intervals after you finish that first meal.
For instance:

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
8 a.m.	12 p.m.	3 p.m.	6 p.m.	9 p.m.
Eat your regular breakfast.	Eat your regular lunch.	Eat a snack.	Eat your regular dinner.	Eat a late-night snack.

EVENING PEP TALK

I know to those of you who have spent much of your adult life trying out fad diets, I might sound a little bit off-the-wall. You are still stuck on that wildly outdated theory that our days should consist of three meals – breakfast, lunch and dinner. But what I'm giving you is the result of reports from the top researchers in the field who have studied permanent weight loss and determined exactly what it takes to get fat off your body forever.

Some of you are probably wondering what I'm holding back. I'm not holding back. I'm not holding back a thing. This is what true progress is all about. It's about moderation and balance. It's about creating small daily habits that will give you the ability to eat well for the rest of your life. You will never turn back once you see your body change.





Slimdown Tip: *Slow Down Your Eating*

You can make surprising changes in your eating behavior just by slowing down the speed at which you eat. A lot of people who eat too much of the wrong foods don't even know what they're eating because of how quickly they race through their meals. Today, time yourself and see if you're taking a bite of food every 5 or 10 seconds. Ideally, you want to do it somewhere between 15 and 30 seconds, and if you can hold out longer, that's even better.

Keep this in mind, too: Your brain needs about 20 minutes to recognize that you have eaten enough to satisfy your body's needs.

If you eat more slowly during this 20-minute period, you'll consume less food but feel equally satisfied at the end of those 20 minutes, as compared to faster eaters who will consume much more food in those first 20 minutes but will have no idea how full they are until much later when they can barely move off the couch.