

# DAY 10

PERFECTING YOUR AFTERNOON & EVENING MEAL



WEEK 2

# DAY 10

PERFECTING YOUR AFTERNOON & EVENING MEAL



## WEEK 2

# DAY 10

## *Perfecting Your Afternoon & Evening Meal*

**You've probably noticed this week that I have been turning Meal 3, which was just a healthful snack last week, into a mandatory protein-starchy carb meal.** Does it feel a little uncomfortable for you to imagine eating such a meal every day for the rest of your life? Generally, Meal 3 falls right in the middle of the afternoon when you are at your office or carpooling or doing just about anything except thinking about having to sit down and eat. It's one thing, you are thinking, to have a snack in the mid-afternoon. It's another thing entirely to have a protein-carb meal.

**That's where you are wrong.** In just a week and a half, you have already been given a variety of meals that you could prepare or order, from salads to sandwiches to complete dinners. You have learned about the advantage of pre-preparing meals. You've learned about Meal 3. You can have a healthy frozen meal (these are not high enough in protein but will do in a pinch). You can even run into a grocery store and grab some deli turkey or a can of white meat tuna along with a can of corn or a baked potato.

**Now, as I've said, this is not the kind of meal that is going to make Julia Child salivate.** However, neither were the snacks you were eating. The time has come for you to turn that snack into a meal because the benefits are so valuable. The person who learns to feed his or her body most efficiently and eats the most complete meal is the person who loses weight the fastest. As long as those meals are coming at the right interval and in the right proportions, that food will slide right past your fat cells and head to your muscle tissue.

# DON'T FORGET MEAL 5

**The time has come for you to do something else.** You must also begin treating your last evening meal, Meal 5, as a protein-starchy carb meal. One of the great misconceptions about eating is that if you eat late at night you will get fat. Well, if you eat what most people eat late at night (drive-through fast food or a dessert) you will get fat. But when you eat a muscle-building meal that speeds metabolism, you will get lean no matter what time it is.

**A well-balanced Meal 5 also keeps you from a fatty nighttime binge, and I'm sure I don't have to tell you how uncontrollable a late-night binge can be if you haven't gotten in all your meals throughout the day.** I've heard dozens of stories of people who will go through the entire kitchen looking for everything sweet. Why are they doing that? Their body didn't get the proper balance of foods during the day. A final, well-balanced meal goes a long way in keeping those fat cells quiet. One thing to be wary of during this meal, however, is that you've lost a lot of fluid during the day and will also be tempted to pour yourself a big glass of orange juice, which can be devastating to the progress you've made. If you're thirsty, make sure you drink lots of water late at night along with Meal 5.

# YOUR DAY 10 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	A one-minute breakfast of 1 cup of nonfat yogurt, 1 cup cereal, 1 cup protein powder with an artificial sweetener and some sprinkled raisins.
LUNCH	Try the Apricot Chicken from the Cooking Guide. Add a small dinner salad with fat-free dressing and 1 cup of rice and beans.
SNACK	Try the Pizza Casserole from the Cooking Guide.
DINNER	One grilled pork tenderloin, mashed potatoes (no milk or butter) and string beans.
SNACK	Meal replacement drink.

## YOUR DAY 10 WORKOUT

---

1. It's time to push our 60-Second Workouts. From now on, we'll progressively increase them. Today, do eight 60-Second Workouts. Don't panic. You can do one workout each hour if you wish, but try to do two or three in a row so your muscles will get a sustained workout.
2. Complete 30 minutes of walking.

## THE EVENING PEP TALK

---

**How's your confidence level today?** One of the best ways to build your confidence and stay focused in this program is to surround yourself with like-minded people. Just one good friend can make the difference. This is someone who also might be trying to lose weight and will go through the program with you, or someone who has already been doing the program and can talk to you during those times when the desire to backslide rears its ugly head.

**Ironically, some of the people you love the most or perceive as your closest friends can often turn out to be your worst enemies when it comes to losing weight.** They will often do some subtle and perhaps subconscious things to discourage you from losing weight.

**They might be well-intentioned, but they could very well provide you with negative reinforcement.** "Uh-oh, how long will this program last?" they'll wisecrack. "Are you going to last three days on this program? Maybe stretch it and go four days?"

**If you have friends who are also overweight but aren't doing anything about it (which means they are probably feeling guilty about their lack of action), they might tell you, "Well, you don't look like you've lost any weight," or, "You know everyone loves you for who you are, not for how you look."**



**You have to realize that others might feel threatened or jealous by your commitment and may try to make you feel inadequate.** There will be someone going to lunch with you who will ask that you have a dessert. When you say no, he or she will inevitably say, "Oh, come on, it won't hurt you. Just eat less tonight at dinner." When you really start getting successful in this program, you are likely to hear such lines as, "I hate all this low-fat stuff you're cooking now," or, "Aren't you embarrassed to take food with you to work?" "Please, you're not going to put us through that special ordering, are you?" "You're not going to do any 60-Second Workouts while we have company, are you?"

**Not only do such comments hurt your feelings, they can undermine your confidence.** I don't mean to be hard on you when I say this. I know it's extremely difficult to withstand social pressure. But you have to elevate yourself above people whose primary way of feeling good about themselves is to see others not succeed.

**Never, ever be embarrassed about your desire to lose weight, and never apologize to anyone about your goals.** Don't let anyone stand in the way of your decision to go after what you want! It is not egotistical or selfish to put yourself first when it comes to losing weight. You'll find a great empowerment when you start saying to others, "I want to go to a different restaurant because it has better food for my program." You'll understand how wonderful it is to stand up for yourself when you politely say to a waiter, "This fish is swimming in oil. Can you please take it back?"

**In time, your newfound confidence will have a marvelous effect on those around you.** They'll see how happy you are and how proud you've become, and soon they'll want to do exactly what you're doing, too.



# Slimdown Tip:

## *Stay Away From Candy*

Are you thinking, "Well, Larry, we all know candy isn't good for you." Actually, many of you still believe that some sort of candy is a great way to get an instant burst of energy when you're feeling tired. This is a big-time fallacy. A single candy bar contains far more sugar than you need in one day, and the sugar from that candy bar sets off a major chemical imbalance in your body that, in the end, will cause you to get fatter.

**Because that one candy bar causes your blood sugar levels to rise to astonishing heights, your pancreas reacts by producing an excess of insulin to deal with all that sugar.** The result? The sugar from the candy bar initially makes your spirits soar, but then the large dose of insulin depresses the level of blood sugar and your body suddenly slows down. You start to feel moody, irritable, tired and ultimately hungrier. What happens next? According to studies, you tend to eat a second candy bar because you think the first one didn't do its job. The cycle goes on and on and on. When I feel plagued by a low energy level, the one thing I like to do is take a walk. It not only gets my heart pounding, but it also helps release more endorphins in my brain to make me think more clearly and effectively.

