

# DAY 12

IMPROVING PROTEIN INTAKE



## WEEK 2

# DAY 12

## *Improving Protein Intake*

**It's usually around this period in the program when I hear people say, "Larry, I've never eaten this much protein in my life. Are you sure all the protein on your program is good for me?"**

After years of misinformation about protein being harmful to your kidneys, the current medical research has proven that not only is protein good for your body (including your kidneys), but also many scientists are suggesting we eat more of it. We have 20 very important amino acids in our body that help build muscle – 10 of which the body sustains, and the other 10 of which we get from the protein we eat. The higher the quality of protein you can get into your body, the better off you'll be.

**While it may appear that I'm encouraging you to eat a lot of protein on this program, the truth is that you have probably been very deficient in the past getting the right kind of protein into your body.**

And remember, you're not eating that much protein. 10 egg whites might seem like a lot of food, but it has the same number of calories as two whole eggs with a lot less fat. A 5-ounce grilled chicken breast seems like a lot of food, but it has the same number of calories as half a candy bar.

## IMPROVING THE BEEF, POULTRY AND FISH IN YOUR DIET

---

**In recent years, meat producers have adopted new breeding and feeding methods that have reduced the fat content of their animals.**

Even so, beef is still a major source of fat in the American diet. In general, you should eat beef less frequently, and even then only with care because even when beef appears lean, it still has more than 30 percent fat. Cuts such as round tip, top round and top sirloin have less fat than other cuts. When choosing those cuts, look for the ones that have the least amount of visible fat or marbling throughout the muscle. The longer you cook it, the more fat will be burned off. The fattiest cuts include ribs and tenderloin. Also, stay away from liver, kidney, heart and tongue. Finally, keep your portion sizes very, very small. I recommend about 3 or 4 ounces per serving. That's a portion that is approximately the size of a deck of playing cards.

**I must admit that, as much as I love a good steak, I tend to go with poultry or fish on this program.** In many cases, it provides a high-quality protein, and most important, it is lower in total fat than beef. Seafood, such as cod and haddock, gets about 8 percent of its calories from fat in a typical serving. And even the high-fat, dark-meat fishes such as salmon give you a less-saturated fat than beef.

**Always go for white meat in chicken and turkey.** Dark meat can be as high in fat as beef. And always go for skinless white meat. Dark, skinless chicken meat contains about 8.3 grams of total fat in a typical 3-ounce cooked serving, and 43 percent of its calories come from fat. In comparison, white skinless chicken breast contains 3.8 grams of fat in a typical 3-ounce serving, and only 23 percent of the calories come from fat. And listen to this: If you leave the skin on that chicken breast, the number of calories from fat doubles.

## YOUR DAY 12 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Try egg whites along with the Cheese Grits dish you will find in the Cooking Guide.
LUNCH	A large salad with grilled chicken and nonfat dressing. You can add corn to your salad for your starchy carb. If you're adventurous, try the Chicken Broccoli Rice Casserole from the Cooking Guide.
SNACK	A turkey sandwich, baked potato and a steamed veggie.
DINNER	Try one of the pizzas in the Cooking Guide.
SNACK	Try the Rio Grande Chicken Stew in the Cooking Guide.

## YOUR DAY 12 WORKOUT

1. Perform ten 60-Second Workouts. This is the most we'll do for the week. Schedule them on your daily calendar so you are certain you will get them all in.
2. Another mandatory walk for 30 minutes.

## EVENING PEP TALK

---

**You've already learned to do several things in the Pep Talks this week to build a more powerful attitude – visualizing yourself at your best and using affirmations to stay motivated.** Tonight, I want you to work on pushing negative thoughts out of your mind altogether.

**Can you imagine going for the rest of the night without thinking a single negative thought?** Can you spend the next two or three hours with a 100-percent positive mental attitude? That is what truly confident and successful people do. They can turn their backs on negative situations by saying, "Don't give it another thought." They specialize in putting positive thoughts into their minds and keeping them there.

**Try this.** Take a few moments tonight to recall some pleasant, positive experiences. Count your blessings. Recall the many good things you have to be thankful for: your spouse, your children, your friends, your health, etc. Recall the good things you saw people do today. Recall your little victories and accomplishments. Go over the reasons why you are glad to be alive. You might write all these thoughts down on a sheet of paper.

**Conscientiously visualize yourself putting those thoughts into what I like to call your "memory bank."** In time, those thoughts, as you dwell on them, become the dominant thoughts in your memory bank. The negative thoughts have more trouble taking up space in your brain and trying to draw you off course.

**Psychologists say that what you are doing is reconditioning your mind.** You are developing a mode of thinking without limitations. By pushing a positive attitude on yourself, you are not trying to look unrealistically at life through rose-colored glasses. Rather, you are celebrating the wonders of life. You are seeing the cup as half-full rather than half-empty.

**Remember, winners are always looking for opportunities.** They deal with problems as soon as they arise. Instead of focusing on the breakdown, they move forward by focusing on finding solutions – right now! – with zest and drive.



# Slimdown Tip:

## *Vary Your Cardio Routine*

**One of the best ways to boost your walking program is to take your act on the road.** Find new parks or neighborhoods. Take walking vacations in other cities. Just to see how you feel about it, go to your local gym (you can usually pay a daily fee without having to join) and do nothing but walk on the treadmill for 30 minutes. Time flies when you're on a treadmill, and you get to watch everyone else around you working out.

**And just to remind you about something I said a while back: *If you get tired of walking, you can do something else for the cardio phase of your program.*** You can attend a dance class, complete an exercise video, jog, run long distances, ride your bike or even buy a stationary bicycle. Rollerblading is amazingly effective, as are stair climbers at gyms. I know people who have cross-country ski simulation machines in their homes, and I know people who swim an hour per day. If you keep variety in your program, you'll never get bored.

