

# DAY 13

CUTTING BACK FLOUR-BASED PRODUCTS



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**Today, we get to one of the little-understood enemies that keep you from getting lean: flour-based products like bagels, bread, pastas and cereals.**

**Since such foods are technically carbohydrates as well as being nutritious and low in fat, you may think I want you to eat them.**

I agree, these foods can be good for you – if you eat them in much smaller amounts than you're accustomed to! But I don't consider these flour-based products to be the kind of carbs that should be a staple of your program.

**The reason they can be harmful is because of how they are made.**

These carbs have been altered from their natural wheat state and turned into calorie-packed, processed food. When the natural wheat grain has been mashed and broken down into a simple flour, it is very easy for your body to digest. Because the body doesn't have to do anything to break down that processed, flour-based food, the calories go almost straight into your bloodstream and then right to your fat cells.

**Let me give you an example.** One large-sized bagel that you see at a bagel shop has more calories than a chicken breast and a baked potato.

**Let me give you an idea about cereal.** All your life you've been told that nut-and-grain cereal is good for you. It is, to some extent. But one serving, which amounts to 450 to 500 calories, is just 3 tablespoons or about one shot glass. In my program, you can get the same number of calories by eating 20 egg whites, 2 cups of oatmeal and three slices of dried toast.

**So you've got to be extremely careful of foods made of processed flour.** I see people packing away two or three bagels in the morning and thinking they're doing something healthy for themselves. They couldn't be more wrong. The way to eat processed flour foods is in moderate portions.

## ON THE OTHER HAND, BEWARE THE LURE OF LOW-CARB DIETS

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**There are many so-called “experts” who have received a lot of attention in the past because of their concept: the low-carb, high-fat diet.** The theory behind these diets is that without any carbohydrates for energy, the body will turn much more quickly to stored fat. Furthermore, say the low-carb, high-fat advocates, if you eat extra dietary fat in the process, you’ll feel full longer, which means you won’t eat as much. Somehow, the extra fat you’re eating won’t really affect your weight all that much, so what you are being given are recipes that, according to a study by the American Dietetic Association, contain anywhere from 41 to 85 percent fat. (Remember, I suggest that your foods contain only 20 percent fat.)

**Yes, it is true, if you suddenly deprive your body of all carbohydrates, you’ll lose weight quickly.** But you’re not losing body fat. All you are losing is water weight, which is not going to stay off for very long. You can’t possibly exist in such a nutritionally unbalanced and unhealthy state for the rest of your life. Sending your body into some unnatural carbohydrate-less state will leave you feeling tired and irritable and without any energy, and it can make you more prone to disease, especially if you follow these diets and start eating much more fat. This style of eating may lead to heart disease and some forms of cancer. What these books also forget to tell you is that the no-carbohydrate diets might eventually lead your body into a condition called ketosis, which is a nutritional disease that can ultimately cause liver and kidney damage.

**The reason we are fat is because we’re eating too much fattening food!**

Carrots, rice, potatoes and proper amounts of pasta don’t get you fat. Fast food, fried food, cake, candies and the like get you fat.

## YOUR DAY 13 EATING GUIDE

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MEAL	EATING GUIDE
BREAKFAST	A veggie omelette made with four to six egg whites and 1 cup of grits with dehydrated butter.
LUNCH	Meal replacement drink.
SNACK	Try the Shrimp Scampi from the Cooking Guide.
DINNER	Grilled lean beef, mashed potatoes and a dinner salad.
SNACK	How about one of the lean burgers from the Cooking Guide?

## YOUR DAY 13 WORKOUT

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1. Ten 60-Second Workouts.
2. You want some great extra credit? Find an office building and walk up three flights of stairs and back down again.

## EVENING PEP TALK

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**Here's another way for you to work tonight on getting more negative thoughts out of your brain: Whenever a negative thought hits, immediately stop and try to rephrase it as a positive thought.**

In regards to this program, for instance, you might feel guilty (which is a negative thought) if you happen to blow your eating program one day and devour a high-fat meal. What if instead of sighing and thinking, "Wow, I was bad," you immediately imagine yourself succeeding (which is a positive thought). You imagine yourself sitting down to eat a perfect meal. You imagine the happiness you feel eating that meal. You imagine how it's making you healthier and how it's changing your physical appearance. If you have those images in your head when you sit down at your next meal, you will eat a perfect meal.

**I want you to learn to talk to yourself in a different way.** It's very important that you learn to monitor the sentences you say to yourself, replacing phrases that weaken you with phrases that empower you. That means getting the words "can't" and "don't" out of your vocabulary. If you ever catch yourself saying or even thinking the words "bad" or "stupid," take a minute to change them to positive ones.

**Don't say, "It's going to be difficult to cut back desserts."**

Say, "This is going to be an opportunity to get lean."

**Don't say, "Losing weight is a struggle."**

Instead say, "Losing weight is a great journey."

**Instead of telling yourself, "I was bad to have the piece of cake," say, "I did eat that cake, and I will be more careful at my next meal."**

**Instead of saying "I must deprive myself of lots of food to lose weight," rechannel those negative thoughts into a more positive and accurate attitude.** When you face a difficult situation, say to yourself, "I'll win," not "I might lose." When opportunity appears, think "I can do it," never "I can't."

**In other words, let all variations of the thought "I will succeed"**

**dominate your thinking process.** When you constantly worry about getting fat (a negative thought), you are actually programming your subconscious to stay overweight because you're letting the fear of fat overwhelm you. When you stare at yourself in the mirror and say, "Gosh, it's going to take a long time to lose weight," you are already trying to rationalize failure, which means you are more likely to fail. You are more likely to succeed if your brain is being given thoughts that success is the only option.

**The important thing to remember is that you can find ways to break up the negative voice inside you.** You can interrupt that voice and then destroy it.

No one is forcing you to listen to your negative voice. You can turn it off whenever you wish. And it is at that very moment when you really start doing your best.

# Slimdown Tip:

## *Buy Dumbbells*

**As your workouts are progressing, it is probably time for some of you to start holding light dumbbells in your hands during your 60-Second Workouts.** Hand weights are a great investment. If you want to economize, you can even use 1-gallon jugs of water. You'll be amazed at the results. If you have been following the workouts, your body has begun to quickly recondition itself, and if you want to improve on that level of fitness, you need to add some resistance. You are ready to move to the next step in which your muscles begin to reshape your body in a stunning, beautiful way. With less fat on your body, you'll really see more results in a hurry. But again, you don't have to do it. You'll get great results if you just stay with weightless workouts.

