

DAY 14

DEALING WITH SNACKS



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Even though you are now eating five times per day and you are trying to include a lean protein and starchy carb in as many of those meals as possible, there will still be times when many of you are going to find yourself wanting to nibble between meals. Some of you might be able to wait every three hours for your next meal. For others, the urge to eat will sometimes show up an hour and a half after a meal and you will decide you absolutely have to snack before the next meal.

I'm going to be honest with you. Snacking can counteract all the benefits of the program, and on occasion it can sabotage the 21-Day Slimdown. I know people who oversnack on high-fat food and then say to themselves, "Well, I've blown it now. I may as well blow the rest of the day, too." They are like dominoes – once the first bit of control goes, the rest follows, and soon the whole eating program collapses.

If done correctly, however, snacking can enhance your program. You can allow snacking to play a role in your life, but I'm warning you, you have to be very, very careful. For many of us, the kinds of snacks we turn to are the very foods that can trigger a reaction in us to splurge. You might think, "Oh, I'll have just one cookie," and then boom! You've had four or five. Or how many of you have walked through the kitchen and grabbed a handful of potato chips thinking it's perfectly okay to have just three or four chips, and then 15 minutes later you grab another handful on your next trip through the kitchen?

How many of you have eaten a spoonful of ice cream on one trip to the kitchen, then some fried tortilla chips on another, then a few allegedly low-fat cookies on another trip, and then a slice of cold pizza on another trip? You might laugh, but I know lots of people who constantly graze through their refrigerators in between meals and still believe they are following the program.

I have said many times you can do this program without having to give up your favorite foods. But right now, you need to have a big talk with yourself. If you are one who gets really hungry while doing this program, will you be able to snack successfully as long as there are plenty of salty high-fat foods or desserts in the kitchen?

I have banned peanut butter from my house. I have also done the same thing with ice cream, pies, sugary cereals and other processed foods loaded with fat calories. For me, there can be no equivocation with trigger foods. If I think a specific food has a certain temptation for me and it can affect the quality of my program, that food has to go.

You don't have to go that far, of course. You don't have to do the program as strictly as someone like me. On the other hand, try to have your kitchen stocked with low-fat snacks. I am big on eating fibrous vegetables for snacks. They fill me up without giving me any fat calories. I will down a green salad or eat a bag of sliced carrots, celery or broccoli. I'll eat an apple, which at 60 calories is just fine. (Remember my earlier warning: If you eat more than a couple of pieces of fruit, you're overloading your body with lots of simple carbohydrates, which are easy to digest and can easily be picked up by your fat cells.)

Many snack foods are called "trigger foods" by nutritionists because they are the ones you can't have just one of once you've started. They are the foods that prompt chain eating, and they can be difficult to kick.

NEW SNACKS FOR YOUR PROGRAM

If you're going to eat between meals, having the right kind of snacks in your house becomes absolutely critical to losing weight. If you're willing to throw out all your greasy, salty snacks and your sugary desserts, then try these:

- 1 Fresh fruit, dill pickles and fresh vegetables**
- 2 Fat-free chips and crackers, rice cakes and low-fat pretzels:**
Use them with dips such as picante sauce, picante sauce mixed with fat-free cream cheese, picante sauce mixed with fat-free dressing or fat-free spinach dip.
- 3 Air-popped popcorn** (Try lightly spraying the popped corn with butter-flavored cooking spray, then sprinkle with Cajun seasoning, chili powder or fat-free cheese.)
- 4 Fat-free yogurts, low-calorie frozen treats and artificially sweetened puddings**
- 5 Low-fat vegetable soup**
- 6 A cheeseless pizza**

YOUR DAY 14 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Egg Muffin from the Cooking Guide with baked hash browns purchased from the frozen foods section of your grocery store.
LUNCH	4 to 5 ounces of baked turkey breast, a steamed vegetable and 1 cup of bean and corn salad.
SNACK	Baked fish and, for your carb, try the Rice Salad from the Cooking Guide.
DINNER	Try the Pasta with Ham and Peas from the Cooking Guide.
SNACK	Meal replacement drink or a low-fat frozen meal.

YOUR DAY 14 WORKOUT

1. Ten 60-Second Workouts.
2. 30 minutes of walking.
3. End-of-the-week bonus: Do extra stomach crunches. One of the great myths of fitness is that if you do more sit-ups, your stomach gets smaller. Not true! Only proper eating can take care of that, but I've discovered if you do enough crunches until you feel a tightening of stomach muscles through the rest of the day, you'll be far more aware of what you eat to keep your stomach from getting bigger!

EVENING PEP TALK

Did you feel completely refreshed as you went through the day today? If so, I bet it had a lot to do with what you have been doing to your mind this week. By trying to rid yourself of negative thoughts and by going to bed thinking only positive things about yourself, you unknowingly gave your subconscious a chance to exhale. Instead of being burdened with a lot of depressing junk, your subconscious was able to luxuriate in more creative, nourishing thoughts.

The more positive thoughts you have about yourself, the more you will base your decisions upon those positive thoughts. The more you say to yourself, “I can succeed on the 21-Day Slimdown,” the more you are guaranteeing success. When you say to yourself affirmations such as “I am the most important person in my life,” or, “I deserve to do something good for myself,” good things will happen. Without that jolt of self-esteem and without that fervent belief in your own value, you will allow yourself to stay stagnant. You will think you are too old or too out of shape or too busy or too whatever to get the body you want.

As Confucius said many years ago, “Good people strengthen themselves ceaselessly.” And that’s exactly what you’re doing.

Congratulations! It's on to Week 3.