

DAY 8

HOW TO CHEAT



WEEK 2

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What other diet program starts out the week by teaching you how to cheat? As perplexing as it sounds, part of your education in the 21-Day Slimdown is learning how to eat a “cheat” meal that doesn’t fit the parameters of this program. I am a realist, and I know no one (not even I) can follow this program all the time. Most of us can only go so long depriving ourselves of our very favorite high-fat foods. If we feel we are being held hostage to just one particular way of eating, we will quit. With the 21-Day Slimdown, you are getting the best of both worlds. You will get a few cheat meals, and you will still lose weight.

If you go on a traditional deprivation diet, a cheat meal can be disastrous and add back nearly all the weight you’ve lost. Why? Because your body is in such a state of starvation during your diet that the food from your cheat meal would be immediately soaked up by fat cells like a sponge soaking up water.

In truth, the occasional cheat meal doesn’t hurt you nearly as much with the 21-Day Slimdown. The program creates a metabolism so high it can burn through a lot of those fat calories that come from a cheat meal. Your muscles will also be far more efficient, thus capable of taking in more calories to be burned.

Now, please be sure you understand. I’m not talking about giving yourself the opportunity to go off and gorge for hours at a pizza buffet. A cheat is not an excuse to binge, nor am I saying that you can cheat once per day. If you try to throw in a high-fat dessert every day or wolf down a hamburger at lunch five times a week, you’re not going to get lean. But you can remain successful if you say to yourself, “Okay, there is going to be one time in the next two weeks when I am going to eat a great high-fat meal. I am only going to go eat one or two high-fat dishes that I really love, and I’m going to make sure to exhibit portion control on those dishes.”

A four-year study of more than 2,000 women at the Fred Hutchinson Cancer Research Center at the University of Washington in Seattle reveals that women who limited their fat intake to around 25 percent of calories lost their taste for fat in six months or less. By the end of the study, the women said they actually found fatty foods unpleasant to eat.

For instance, if your idea of a cheat meal is a big juicy steak and loaded baked potato, why don't you make sure there is no bread on the table and that the salad comes with a nonfat dressing? That alone will save you a chunk of calories. Or if you want a bucket of fried chicken for your cheat meal, why don't you pick out a couple of the best breast pieces, eat those with the skin and peel the skin off the other pieces?

Perhaps you can do an even more modified cheat meal like eating your usual healthy meal with a cheat item on the side and in moderation. You can get a small cut of chicken fried steak for your entree or a half slice of pie for dessert. For some people, a taste of high-fat foods is enough to give you what the diet experts call mouth satisfaction. You can then return home feeling as though you did indeed have a special night, and your waistline won't have suffered a bit. And, if you overdo it on a cheat meal, get over it quickly and get right back on the program. It's no big deal.

YOU'LL LOSE YOUR DESIRE TO CHEAT

If you're wondering why I'm not particularly fearful of you having cheat meals, it's because I have seen people get on this program who are scared to death they won't ever eat their favorite foods and within a few weeks realize they didn't want to cheat as much as they thought they did. For the first time in their lives, looking good and feeling great have become so important to them that they actually lose their taste for the fatty foods they loved.

While you may not believe such a thing will happen to you (you're perhaps thinking right now that there is no way you'll ever give up your love of cheese fries), I know it will. As you get more experience following this program and keeping your body well nourished with the right foods, you won't feel the same cravings for the wrong ones. In fact, you will actually get bored with fattening foods!

YOUR DAY 8 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Try a unique breakfast combination: oatmeal with a scoop of protein powder and sprinkled with artificial sweetener. Add sliced fruit for flavor or add the incredible low-fat French Toast that you can find in the Cooking Guide.
LUNCH	Prepare a grilled chicken breast with a cup of rice, or take a look at the excellent Fake Fried Chicken in the Cooking Guide.
SNACK	A roast beef sandwich and baked chips is an excellent choice.
DINNER	It's celebration time. Treat yourself to your first Cheat Meal!
SNACK	1 cup of nonfat yogurt with ½ cup of raw oatmeal or cereal mixed in is a great snack.

YOUR DAY 8 WORKOUT

1. We're boosting your workouts. Today, go for five 60-Second Workouts and include a couple of the stretching exercises.
2. Today you're also moving up to a 30-minute walk. Remember, you can break this walk up into two 15-minute walks, or even three 10-minute walks. Use a treadmill, walk at the local mall if you don't want to be outside or walk with a friend for some company. A walking partner also helps you judge your pace. To maintain the best fat-burning pace, you should be able to carry on a conversation the entire time you walk. You'll work up a mild sweat, which is fine, but if you can't keep a conversation going, you're working too hard.



EVENING PEP TALK

In the 21-Day Slimdown, working out your mind is as important as working out your body. Your mind is as important as any of the other muscles of the body. That's why, during our Evening Pep Talks this week, we are going to work on techniques to strengthen your self-confidence and determination so you'll stay focused on achieving your goals.

I want you to repeat this sentence:

"I am the single most important thing in my life."

It sounds a little weird, doesn't it? In order for you to be the best person you can be, you first and foremost have to take care of yourself. When you treat yourself as the most important person in your life, you will start nurturing yourself with the same passion with which you nurture anything or anyone you love. I once heard someone say, "Love yourself first, and everything else falls into line."

It's true. And that is exactly what will happen to you on this program. As you go to sleep tonight, I want you to think about your body as a temple or perhaps as your very best friend. You treat it with care, you never neglect it and you never endanger it. If you make the commitment to yourself tonight that your body is precious, you will not fail.



Slimdown Tip:

Beware Fat-Free Food

Although I've been suggesting some fat-free alternatives for you to use in place of your usual fattening foods, **fat-free products should remain a minor part of your program.** You cannot rely on them to get you lean. Most fat-free products contain a very poor balance of lean protein and starchy carbs. Fat-free hardly means calorie-free. The calories in fat-free food are the classic empty calories that your body sends to your fat cells. Many of you eat fat-free food all day long, believing you are doing something good for your body. But what you're doing is putting on a lot of weight because of the poor nutrition of the food. Never forget that what makes you lean is a good balance of lean protein and starchy carbs. Fat-free food is merely a temporary measure and nothing more.