

DAY 2

7-DAY SIZEDOWN



DAY 2

I find it best to multitask when preparing large quantities of food. In order to cook the basics, you don't have to be a certified chef. For example, grill a dozen chicken breasts, turkey burgers and/or fish for the next several days.

COOKING AT HOME

Bake five or six sweet potatoes, cook eight servings of brown rice, and grill, broil or bake plenty of fibrous veggies.

Doing this all simultaneously saves time, money and aggravation. Place the cooked food in individual single-meal containers as well as bulk containers. Never leave home without **two or three meals each day**. If you have food left over by Day 4, transfer it to the freezer in microwavable freezer containers. You don't need to master this, but if you do, you will be set for life on this program. Very lean, fit people cook and carry their own food without exception. I find it amusing that if you eat a cheeseburger, fries and a milkshake, no one says a word. But eat grilled chicken and veggies out of a container from home, and everyone has a comment. **That's OK! You're on your way to a healthier you.**



NEGATIVE TALK

Self-talk is generally negative talk. It is imperative you remove all negative talk. This is Day 2 of a stricter program that you will follow at certain times of the year for faster results. Please don't say you are fat, unattractive or allow frustration to set in. Stay the course, and you will see results like never before.

EATING GUIDE

What does a meal look like?

3 to 4 ounces of grilled chicken breast, ¾ cup of sweet potato and 1 cup of steamed veggies.

Each day is essentially the same meal program – **five meals for women and six for men**. However, the choices should vary in an effort to keep variety in and boredom out.

I believe Day 2 is the most important. After Day 2, it gets easier. You will want to eat late at night, but don't!

FOCUS, FOCUS, FOCUS!