

# Cheat Your Way Thin



Strategies

# Plan, Plan, Plan

- Plan Weekly Menus in Advance
- Shop in Advance
- Cook in Advance

# Plan Weekly Menus

- Find time on Friday or Saturday
- Take into consideration your upcoming schedule and where you would be (plan ahead!)
- Jot down a shopping list as you plan

# Shop in Advance

- Go shopping for any foods that you do not already have “stocked” at home
- This will allow you to cook in advance

# Cook in Advance

- Sunday Ritual
- Sunday/Wednesday Ritual
- Breakfast Ritual

# Tips for Dining Out

- Stick to Cheat Your Way Thin portions
- Order from specialty health menus when possible
- Add, subtract, and substitute where possible
- Skip the appetizers and dessert

# Staying Motivated

- Establish Clear, Specific Goals
- Review Your Goals Daily
- Work with the End in Mind
- Embrace the Power of Positive Self Talk
  - “I want” vs. “I will”
- Visualize

# Always Have A Back Up Plan

- Meal Replacements (shakes and bars) are my savior
- Prograde Lean & Prograde Cravers from [ProgradeStore.com](http://ProgradeStore.com)
- Another quick & easy meal on the go – Beef Jerky and Nuts



# Travel

- Don't Count Calories
- Utilize Meal Replacements – [ProgradeStore.com](http://ProgradeStore.com)
- Befriend Fruit
- Dine Smart
- Planning Ahead ==>

# Planning Ahead While Traveling

- Travel
  - Pack a healthy meal
  - Check with the airline to see if they have alternative “healthier” meals
  - Bring a healthy, portable meal along (i.e. sandwich)

# Planning Ahead While Traveling

- Long Days
  - Bring along portable snacks
  - Research the area for healthy “lunch” options
- Downtime
  - Research the area for healthy restaurants
  - Get a room with a refrigerator and do some local grocery shopping