

Dr. Steve's
FAT LOSS
TRICKS

- 1** Eat the Right Fats: Bulk up on omega-3s, at least 2,000mg a day. Limit saturated fats and eliminate trans fats. I recommend Omega-3 TG.
- 2** Eat the Right Carbs: Try to stick to vegetables and beans as your main sources of carbohydrates. You can eat up to 2-3 SMALL servings of fruit as well (or just one scoop of RealReds™). And try to stay away from “starchy carbs” like bread, pasta, potatoes, and rice.
- 3** Eat Protein at Each Meal: Eat at least some protein at each meal; lean meats, fish and non-fat dairy. Make sure to eat protein first thing in the morning.
- 4** Start Your Day with Breakfast: Make sure it includes protein and fiber, and is low in carbohydrates. I recommend RealMeal GF™.
- 5** Remember the Water Trick: Drink 16 ounces of water before every meal.
- 6** High Intensity: Do high intensity cardio Instead of aerobics if possible.
- 7** Track Your Results: Keep a weight loss diary and measure yourself daily.
- 8** Do Not Eat After Dinner: The kitchen should be off limits 3 to 4 hours before bedtime. If you must have a late night snack, make sure it's high protein and low carb.
- 9** Eat a “Cheat Meal” Once a Week: This is your weekly indulgence. Make sure to include a dessert!
- 10** Chew Longer: Try to chew up to 40 times for each bite, 15 chews minimum.
- 11** Red Wine Only: Up to 2 glasses a day. No beer or hard alcohol.
- 12** Don't Drink Your Calories: Avoid sodas, soft drinks and fruit juices.