

DIET STRATEGY

from DAN'S
HAND



DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

1. Never Skip Breakfast.

- Eat within 30 minutes of awakening.

2. Log everything you eat and its nutritional content.

- Understanding portion sizes and caloric content is key to weight control.

3. Start each meal with high-fiber foods.

- Microwave veggies and throw on top of a salad to boost fiber.

4. Avoid alcohol during the week.

- Alcohol is a byproduct of ethanol and it turns directly into fat.

5. Never shop on an empty stomach.

- You will be more apt to buy junk foods.

6. Just choose one item to eliminate; don't try to overhaul your whole diet.

- Trying to change your whole diet at one time will set you up for failure.

7. Choose water over soda.

- It is easy to chop 200 calories a day just by one substitution.

8. Avoid the kitchen until you have a chance to unwind.

- Stress can elicit certain hormonal responses and trigger binging.

9. Eat fruit everyday and fiber-rich whole-grain Carbs.

- These products are nutrient dense and are loaded with fiber.

10. When dining out:

- Start off with a cup of broth-based soup and ignore the bread basket

11. Always plan ahead when traveling.

- Load up with healthy fruits, veggies and granola bars.

12. Eat 5-7 meals a day.

- Try to eat every 2.5 hours and combine carbs/protein and fat with each meal.

13. Always, I mean always, drink a Recovery Shake after every workout.

- Then eat a whole-foods meal 1 hour later.

14. Eat a high protein bedtime snack before going to bed.

- Cottage Cheese or a Protein Shake will do the trick.

Eat well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).