

Gradually, or all at once It's up to you!

Gradual Changes	All at once
Easier adjustments, slower weight loss, gradual medication changes	Quicker weight loss, more preparation necessary for success
<ol style="list-style-type: none"> 1. Remove all regular pop, milk, juice, and added sugar in tea and coffee, heavy or coffee cream in tea and coffee is fine 2. Increase protein at each meal until you get your daily requirement. 3. Remove sugars and starches from breakfast. 4. Replace dessert with a piece of fruit or berries with cream 5. Stop snacking 6. Change out carbs in lunch for an above ground veggie with added fat 7. Increase salt as needed to avoid headaches and fatigue 8. Find out which carb foods you need to find a good substitution for: pizza crust, noodles, bread, rice 9. Continue dropping sugars and starches and fruit until all carbs are coming from above ground veggies and high-fat dairy 	<ol style="list-style-type: none"> 1. Check out the Healthy Eating Food List - circle your favorite foods, cross out things you never want to even try. 2. Starting with the Quick and Filling Meals list and provided resources, plan at least 5 different meals and 3 snacks. 3. Clean out pantry and fridge of sugars and starches (If you need to keep some around, change where they're stored to reduce impulse eating) 4. Grocery shop for proteins, vegetables, and fats 5. Prepare as many proteins, sauces, and snacks as you can 6. Make sure you have broth and salt on hand 7. Go for it! 8. Eat and drink foods only from the Healthy Eating Food List: Prioritizing Protein, Controlling Carbs, and Filling with Fats

