



# CUT THE CRAP

A GUIDE TO YOUR HEALTHIER DIET



I get it, eating healthy is HARD! But if you have come this far, YOU have made the decision to put your health before your habits, your happiness over your hardships and your WILL over your weakness.

I made this checklist for myself and it was one MAJOR step towards taking me from 191 lbs down to 149 LBS in just 6 months. And the best part is, this is NOT a fad diet. I am NOT going to tell you to give up **everything** you love. This is going put YOU in control of your food, as opposed to your food controlling you.

FIRST, you need to make a list below of ALL the foods you eat REGULARLY (as in more than once a week) that you **over indulge in**. For this to work, you need to be 100% honest, and be ready to truthfully categorize your food into Self Control and No Self control categories.

## Self Control

Example: Ice Cream

## NO Self Control

Example: Dr. Pepper



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Here are some food suggestions for your list:

## Remember

The goal is not to eliminate all these foods, but to identify which foods you OVER eat often (this should be a short list) and eliminate those gateway foods. We will just MINIMIZE the others

- Soda (this includes diet soda)
- Juices (Juice contains a lot of sugar)
- Coffee (if you add cream and sugar especially)
- Tea (if you add cream and sugar especially)
- Energy drinks
- Ice cream or other desserts
- Candy
- Chips
- Nuts
- Energy bars or Protein bars (many of these have TONS of sugar)
- Yogurt (you would be surprised how much sugar is in these)
- Granola
- Cereal
- Bread
- Peanut butter
- Cheese
- Crackers (Cheezit or goldfish etc)



Once you have populated your list between self control and no self control, it's time to **eliminate** the short list of foods that you overeat. These are your "*gateway*" foods. For me, Dr. Pepper was a gateway food, having just one can of soda was never going to happen. If I had one, I had a dozen. Eliminating these types of foods which YOU are addicted to is the first step towards MAJOR loss of pounds. I did not eliminate chips, or ice cream, or cheese because I am able to eat them in moderation. But if you pick up a bag of chips and have to finish the whole bag, that goes on the NO list.