

# Cheating

## Our Most Asked Question: Can I have a cheat meal?

Personal Trainer Food stabilizes your blood sugar levels and puts your body into fat-burning mode. Cheating, yes—even just one bite or one sip, will spike your blood sugar and set your progress back at least two to four days as your body works to correct and get back to burning fat. The fastest way to lose weight and reach your goal is to stick with the simple and consistent routines you're creating with Personal Trainer Food.

So hold the sweets or alcohol and get rid of that idea of a cheat meal; chances are you'll regret them anyway. They're not going to help you achieve your weight loss target. Make the commitment to you—give your 100% dedication to staying on track and seeing your goal through. It will be life changing, potentially even life-saving, and your consistency will make it happen.

***When or how often would you say an ex-smoker can cheat?***

*"We all know the answer to this: they cannot cheat or they will go back to smoking. You've heard us mention this several times, but weight loss is simply a battle against wrong food addiction. When it comes to weight loss, sugar is our nicotine, and it is best to avoid it at all costs."*



Mike Starks - CEO and President,  
Personal Trainer Food



## It's Easy to be Social!

Eating out is simple on our program. Focus on choosing meats, eggs, leafy greens and non-starchy vegetables for your meals. Since you can have cheese and full-fat dressings or sauces, you can eat off of most menus without worry—just ask yourself: "Is it a meat, egg or vegetable?"



*I tried everything, but Personal Trainer Food was the plan that worked—and I didn't have to give up my lifestyle to lose weight!*  
**Sonay - Lost 42 lbs and 41 inches in 10 weeks!**

If the answer is yes, even if it has some melted cheese on top, then it's ok. If the dish contains pasta, rice or other items that aren't within the Personal Trainer Food guidelines, then you'll want to steer clear of it. You can follow the same premise while you are traveling.

Don't get caught running out of Personal Trainer Food!  
Stick this reminder card on your refrigerator and set yourself an alert for day 21 of your program to reorder.

## Don't Forget!

Reorder Personal Trainer Food on:

with your \$125 loyalty discount.  
Connect with a Weight Loss Coach today to  
find out which program is best!

**1-800-273-1686 x4**