

# Personal Trainer Food™

Great Taste, Small Waist™

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## How Personal Trainer Food™ Works

*Personal Trainer Food is the nation's fastest-growing weight loss meal delivery program because it is based on sound principles developed with the help of our network of thousands of personal trainers!*

Before you embark on your Personal Trainer Food journey, it is important to clear your mind of all the hype and noise of the diet industry. Their fads, starvation methods, and insane workout routines don't work to create sustainable fat loss.

Our trainers agree that nutrition is 80% of the weight loss battle. By eating foods like meats, eggs, vegetables, nuts, and cheese, your blood sugar will stabilize. Once you have stabilized your blood sugar levels, your body will be forced to burn body fat for fuel. This is a natural approach to weight loss and works with your body, not against it. Our focus is to start out moderately, teaching you what to eat so you can create sustainable habits that will last a lifetime.

### **You will get the most from your program if you understand these simple principles:**

#### **Focus on Routines:**

Your goal is to focus on routines for the next 28 days, not just on weight loss. Killer workouts and starvation diets may result in weight loss, but that is not a long-term way to lose fat. A simple routine is what will help you lose weight for good. The key is to create routines that you can do without thinking, like brushing your teeth or driving your car. With Personal Trainer Food, you have just made eating the right things an easy routine. This will ensure that you can sustain your fat loss, even long after you have reached your goal weight.

#### **Walking:**

Speaking of routines, we want you to get into the habit of walking 2,000 steps or 20 minutes a day, seven days a week. Walking is a very effective form of exercise and will help you to lose fat. One of the easiest ways to stick to this routine is to find a used treadmill in the classified ads. Put your treadmill in front of your TV. That way it is easy to turn on your favorite show and get your steps in each day.

#### **Sugar Withdrawals:**

Sugar withdrawals can be an eye-opening example of the effects of food addiction. This process can be draining but withdrawals are not at all dangerous. Your body has evolved to deal with this process. Just take it easy and stay well-hydrated. It takes most adults about three to eight days for their blood sugar levels to stabilize. Once the withdrawals pass, your body will begin burning fat for fuel, and your addictive response to sugar will start to diminish.

#### **Cheating:**

It is very important to understand that eating just one or two bites of simple carbohydrates like sugar, bread, pasta, rice, or starchy foods will stall fat-burning. It will take your body two to three days to correct this before it can start burning fat again. The same goes for alcohol. All alcohol must be avoided in order to lose fat. It is only 28 days, you can do this! Always keep your Personal Trainer Food snacks handy in your car or at the office so you have something you can eat if you are ever tempted to cheat.

#### **Calories:**

When you eat real foods such as meats, eggs, veggies, nuts, and cheese, calories don't count. Seven hundred calories of broccoli and steak is simply not the same as 700 calories of cookies. The cookies will, without

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question, put fat on your body. The broccoli and steak will not. The most important thing to ask: “Is this a meat, egg, vegetable, nut, or cheese?” If it is one of those things, eat it. If it isn’t, avoid it. Be sure to read the brochure included in your order for the answers to the most common questions about what foods you should or should not eat. You can also check them out at: [www.PersonalTrainerFood.com/Guidelines/dosdents.pdf](http://www.PersonalTrainerFood.com/Guidelines/dosdents.pdf).

## **Stay Off the Scale:**

Most people experience two to six pounds of fat loss a week. This number varies by individual. That said, we don’t want you to focus on your scale weight. You can drink three bottles of water and gain three pounds. Weight is not a good indicator of your progress, and the scale is just a mental killer. Keep track of how your clothes fit instead. Size is a much better barometer of your progress. Be patient, stay off the scale and avoid comparing yourself to others. Remember: you didn’t put the weight on overnight. Your goal is to create life-long habits which will take the weight off and keep it off for good!

If you have any questions or need help with your plan, you can always reach out to our Weight Loss Coaches. There is no charge for this service; we want you to succeed! Just call 1-800-273-1686 x4, chat online at [www.PersonalTrainerFood.com](http://www.PersonalTrainerFood.com), or email [WeightLossCoach@PersonalTrainerFood.com](mailto:WeightLossCoach@PersonalTrainerFood.com).

With Personal Trainer Food, you’ve got this!