

Personal Trainer Food™

Great Taste, Small Waist™

WEIGHT LOSS GUIDELINES

PROMOTES WEIGHT LOSS

Follow this list when adding foods to your program, eating out, or to maintain your weight loss once you have reached your goal.

UNLIMITED FOODS & DRINKS

These crush cravings and fill you up long before you gain weight from eating them.

Meats

Any kind of meat such as beef, bison, chicken, pork, fish, seafood, venison, etc.

Eggs

Any kind of eggs prepared in any way.

Leafy greens

Lettuce, kale, spinach, arugula, dandelion, collards, baby greens, seaweed, etc.

Other non-starchy vegetables

Cucumber, tomatoes, broccoli, cabbage, cauliflower, avocado, olives, dill pickles, etc.

Oils, fats, and butter

Sweet Garlic Butter Sauce, other PTF Butter Sauces, butter, coconut oil, avocado, and other oils are fine.

Herbs, spices, and seasonings

Fresh or dried herbs and spices such as basil, garlic, chili flakes, Italian seasoning, etc.

Coffee, tea, diet soda, broth, & other drinks

Caffeinated or not, if it is sugar-free and has 0-5 calories, you can drink it.

Water, sparkling water

Citrus slices or non-caloric flavor enhancers like MiO™, Crystal Light™ or electrolytes etc. may be added. Drink at least half your body weight in ounces, about 60-80 oz. (2-3L) of water a day.

ENJOY THESE

In moderation, these will add fun, flavor and variety while promoting weight loss.

Nuts (up to 3 oz. per day)

Select from almonds, pistachios, macadamia, walnuts, or sunflower seeds.

Cheese (up to 6 oz. per day)

Cheddar, brie, Parmesan, feta, cream cheese, etc. Tip: 1 cheese stick is approx. 1 oz.

Apple (up to 1 per day)

Any type of apple works. Try it baked with cinnamon, 0-cal sweetener and butter.

Sauces or dressings with 2g or less carbs

Ranch, blue cheese, hot sauces, and salsas usually have 2g or less per serving. Avoid ones labeled "low-fat" or "reduced-calorie." Read the label to be sure.

Creamer

Heavy cream or non-dairy creamer with 2g or less carbs per serving can be used to lighten coffee and tea.

Non-caloric sweeteners

Natural or artificial sweeteners may be used. Stevia, Lo Han, monk fruit, sucralose, Splenda™, xylitol are fine. Avoid malitol (found in sugar-free candies).

Walk for 20 minutes a day

Walk at least 20 minutes or 2,000 steps a day to maximize your results. Make walking a part of your daily routine, even if you are already exercising.

To talk to a Weight Loss Coach: **1-800-273-1686 x4**

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WEIGHT LOSS GUIDELINES

STALLS WEIGHT LOSS

After reaching your goal, you can try adding some of these items back in slowly. If you re-gain the weight, it's a sign that item should be limited, even in maintenance.

FOODS

Sugar

Sweets, dessert, pies, ice cream, candy (even sugar-free candy) etc.

Agave or honey

These are sugars and will stall weight loss.

Added sugars

Watch for hidden sugars in foods, dressings, sauces, and beverages such as fructose, high-fructose corn syrup, glucose, barley malt, sucrose, etc. You'll find these in foods like ketchup, BBQ sauce, relish, and low-fat dressings.

Starches

Flour, grains, rice, bread, pasta, chips, rice cakes, cereal, granola, popcorn, etc.

Starchy vegetables

Potatoes, sweet potatoes, corn, peas, beans etc. (Your PTF veggies may contain some of these items in the right quantity for weight loss; avoid adding more to your program.)

Fruits

Avoid all fruits except for an apple a day.

Nuts not listed

Avoid nuts not listed under Promotes Weight Loss such as cashews, pecans, peanuts, etc.

Nut butters of any type

Avoid peanut, almond, or cashew butters. Eat the whole nuts instead.

Protein or granola bars

Protein, granola, and meal replacement bars are not necessary and can stall fat loss.

BEVERAGES

Milk or other dairy

If not listed under Promotes Weight Loss, avoid things such as cottage cheese, yogurt, sour cream, non-fat milk, and milk.

Milk alternatives

Such as soy, rice, almond, or hemp milks.

Juices

Fruit or vegetable juices (even with no sugar added) will stall weight loss.

Sodas & other drinks

Beverages that contain sugars or more than 5 calories per serving should be avoided.

Alcohol of any type

Even low-carb, low-calorie, gluten-free, and/or non-alcoholic beer will stall weight loss.

ACTIVITIES

Weighing yourself

After taking your weight at the start of your program, put your scale away. Track Non-Scale Victories such as your measurements, the fit of your clothing, how you feel, and how much energy you have instead.

Killer workouts

If you are not already working out, resist the temptation to add killer workouts, marathons, or boot camps. Start a simple, sustainable walking program instead.

Cheating

Stick to these Guidelines to see your best results. Cheating will stall your progress for 2-4 days.

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