

Day 11: The New Cigarette: Junk Food

Now that you are experiencing some positive results on REV, temptations start to creep in. You might start thinking 'hey, what is one bite going to do?' You might think to yourself that a little bit of sugar or processed carbohydrates here and there won't really slow things down.

When or How Often Can You Cheat?

Guess what? One little bite, one snack sized candy bar, one alcoholic drink will stop your progress dead in its tracks.

When you cheat, it takes your body about 2-3 days to recover. Your fat-burning switch will get turned off by the sugar and carbs for those days. People tell themselves that they will just eat less tomorrow or burn it all off at the gym. That calories in/calories out myth has led us to believe we can eat anything we want as long as we burn more calories through exercise than we ate. This is just not true. It is this way of thinking that has contributed to our nation's obesity crisis.

Think of it this way: cheating, just once, will stop your progress for 2-3 days out of 28 days. Every. Time. Just one cheat costs 11% of your program! Cheat again, and you will stop progress for 21% of your program.

Cheating on your program is cheating yourself. Besides, it is only 28 days!

Wrong Food Addiction

If you are struggling with the temptation to cheat, you need to realize this: you are struggling with Wrong Food Addiction.

When or how often can a smoker who is trying to quit cheat and light up? Not even once! If they do smoke one cigarette, they will simply go back to smoking on a regular basis. Sugar is our nicotine and it is best to avoid it at all costs.

We know that some of you have tried and failed with other weight loss companies that tell you dessert, yogurt, cereals or pancakes are okay and even sell them as part of their meal plans. The truth is, they aren't. Those are the WRONG foods for fat loss. If those programs actually worked, you wouldn't be here today.

Like any addiction, you will eventually lose the cravings for the wrong foods. Just be patient.

To Win this Battle, You Must Do One Thing: ONLY Eat the Right Foods!

Always keep the right foods on hand, so you can eat those instead. We are creatures of habit and often eat out of boredom. By having ONLY the right food available, your journey will be much easier.

Remember: it is much better to over-eat the right foods versus cheating on the wrong foods.

Your kitchen and refrigerator should already be clear of foods that may tempt you. Your freezer should be filled with all the right foods ready to go.

You have your cooler, so there is no excuse to go through a drive thru. You have 13 emails (and more to come!) in your inbox with pro-tips on how to stay on track and out of the path of temptation. You also have access to some amazing Weight Loss Coaches who can help you if you ever feel like caving in on your program.

Can I Ever Have _____ Again?

The answer is a qualified 'yes.' BUT... We can help you answer this once you reach your goal weight. There is a dangerous mental element that you must be made aware of in order to avoid reverting back to your old eating patterns that caused you to gain weight in the first place.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

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