

## Day 8: Going From Fluffy to Feeling (and Looking) Fabulous

It's a fresh new week! How are you feeling? Are you noticing any changes yet? Week 2 is a wonderful week where things just seem to 'click.'

You probably started this program in hopes of losing fat. We have no doubt that at this point you have seen some signs of losing fat. How is your waistband fitting? Your jewelry? Is your tummy visibly flatter? That is great!

### **3 Surprising Things You Should be Noticing Right About Now**

**Things Got Easier.** Does it feel like you just shifted into the right gear? You are now realizing the freedom that comes with not having to worry about food all the time. You don't have to create complicated grocery lists, there is no preparation to do, and no spoiled food in the bottom drawers of your fridge (at least from your eating plan-- your spouse, kids or roomies get to clean up that mess!).

**Your Energy is Returning and You Can Think Clearly.** Now that sugar has left your system, you should notice that you have more energy than before you started your program. It's like when you get over a cold, you realize that 'normal' actually feels great! You don't realize how sick you were until you start to feel better, right? Today, your 'old normal' is nothing compared to how you feel now! Many people also notice that they can think straight and have fewer mood swings. Again, that is the direct result of removing sugar from your body.

**You Feel 'Relaxed.'** As you are settling into your new routine of walking and eating the right foods, you are realizing that there is more time in the day to get things done. Moreover, you actually can get them done because you are feeling better and have more energy. This is exactly what happens when eating becomes as simple as brushing your teeth or driving your car. There is no angst over what you need to do next to get healthy and lose fat.

### **You are in Great Company**

Do you want to sing from the rooftops about the great things you are feeling right now? We love hearing those great things from our clients!

Amanda lost all her baby weight after having two kids. She dropped over 34 pounds in 10 weeks...

*"I tried everything in the past, but PTF is so easy! I didn't have to think about anything and the weight just came off!" -Amanda G.*

Lauren noticed how easy things got for her...

*"I started out at 163 pounds and with Personal Trainer Food I lost 34 pounds...with my busy lifestyle I never needed to worry about what to eat, I could just make it really fast...it's great!" --Lauren B.*

Brian knows that PTF works, and it also worked into his lifestyle as a busy surgeon...

*"I'm a surgeon in Texas...when I read about Personal Trainer Food I knew the science makes sense...I fixed my first meal and was hooked from that point on." -Brian H., M.D.*

If anyone can talk about blood sugars, it is diabetics. Getting to normal in just 2 weeks is excellent!

*"I'm diabetic...I can tell you that within 2 weeks my blood sugars dropped down to normal ranges! They have been holding there for quite some time. I also have been able to get off the medicines that I've been on for my problem. Everything is looking good right now." - Jim E.*

Jeremy found that better habits and routines helped him to lose more than 50 pounds.

*"...the first month I lost 15 pounds! This allowed me to learn what foods to eat and develop better habits...I feel great!" -Jeremy A. (who continued on with PTF to lose over 50 pounds)*

Brianna shed over 36 pounds in 10 weeks and had to buy a smashing new wedding dress...

*"I realized that the dress I had picked out was the kind that hides things. I found a better one that shows off my new curves." --Brianna H.*

Pick up the phone if you want to share your story! Our experienced Weight Loss Coaches have been there done that too, and are always happy to hear your success (and challenges). Call [1-800-273-1686](tel:1-800-273-1686) x4.

P.S. So many people are getting great results on PTF that we frequently spot PTF cooler boxes in our own neighborhoods. It's cute; when anyone on our team spots a box on a doorstep, we get so excited that we take a pic and send it to everyone in the company. Maybe we took a picture of yours! We love sharing the love!

### **Dressing for Success**

By now, you know the rule for sauces and dressings. If it has two grams or less of carbs per serving in it you can have it. You want full-fat dressings because by now you know that your body doesn't get fat from fat. Think Ranch. Think Blue Cheese. It really is that simple.

Avoid low fat dressings. When food manufacturers remove the fat, the dressing tastes downright nasty. They then add sugar in order to compensate for the flavor. It is not unusual to find sugar as the first (and therefore primary) ingredient in a fat-free dressing. For some fat-free dressings, you might as well put half a candy bar on your vegetables.

As we've said before, fat is not bad. It will help you on your program. There is no need for sugary dressings!

### **Using Sour to Make it Sweet**

We know this tip may not be for everyone, but a few of us here LOVE splashing a bit of vinegar or lemon juice along with the Sweet Garlic Butter Sauce on our vegetables. Give it a quick stir and it's ready to eat. The sour flavors of vinegar and lemon will also help you overcome your sweet tooth because it makes the natural sweetness of the foods you eat with it really stand out.

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](http://www.PersonalTrainerFood.com)

Email us at [WeightlossCoach@PersonalTrainerFood.com](mailto:WeightlossCoach@PersonalTrainerFood.com)

Call us at [1-800-273-1686](tel:1-800-273-1686) x4

