

So, you have chosen to loose weight...

Well, first lets get some things in the clear, if you are overweight and do not want to read some truths about yourself, just stop reading now, because loosing weight is a choice, not a cure, to continue with this you have to be committed to change your life and do something about it, and some of the things that you will read in the text ahead will be “what you don’t want to hear about yourself”.

DISCLAIMER

You have to see your physician, or at least wire him some money, you have a series of health conditions, maybe high blood pressure, or type 2 diabetes, insulin resistance, high cholesterol, shortness of breath, persistent joint pain, bla, bla, bla, bla.

OK, so you feel bad, you go to your physician and he/she medicates you, of course, that is what physicians do, medicate. You have an ailment and they will solve the problem, so if your cholesterol is high, they will give you pills to lower it, also with your blood sugar, just a shot of insulin and problem solved. Now, the good news is that all (or most of all) of your problems are because you are FAT.

So, If this book tells you to eat eggs, don’t worry about the cholesterol, the act of loosing weight will take care of it, first of all, you have to understand how your body works, I am going to take you on a journey which will explain exactly what happened at some time in the past, just how and why you became what you are now.

So, following these instructions will not kill you (unless you are already dying and your body is so damaged that you can’t accept a normal diet). If you are not that far gone, everything in the following pages will make you lose weight, and that sole action will improve your health dramatically, once you have seen the results (in 60 to 90 days), you can decide whether to continue or to return to your old habits and die.

Nobody can do anything about it if you want to kill yourself, but instead of doing it with food, you might as well do it quickly and spare everyone around you the suffering and the annoyance of putting up with your sorry self, nobody wants to hear you complain that you are fat, your genetics, or the injustices of God, you feel depressed, of course, you are FAT, and that in itself is depressing.

First of all, let's accept one fact so we can begin with the book. There is no way of being fat if you eat well, if you are fat, you are eating too much or you are eating the wrong stuff, most fat people do not have a thyroid condition (if that is the excuse you are thinking of) and if you have boobs (and you are a man), loose weight, that is one of the things the excess fat will do to you.

Now, if you want to be fat, and eat everything you want, go ahead, but be happy, but REALLY HAPPY, you can laugh at all those who take care of how much and what they eat and be a happy obese person, it's your choice, in fact that was my situation I had chosen to be fat and eat whatever I wanted, and I was happy about it, "what the hell, I am already married, I don't pick up girls, I make a decent living, I can't afford a Lamborghini or a Ferrari, I don't even fit in them, but I can afford tasty meals" .

TO SEE IS TO BELIEVE

John 20:24-29

Thomas (who was called the Twin), one of the twelve, was not with the other disciples when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later his disciples were again in the house and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see



my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

October 28 2010 - My 43rd Birthday

I am not religious and this book is not meant to convert you, the lines above are just to show you that this is the way we think, so let me introduce my old self.

SOME PICTURES



So now you can see I was fat, that's how a man looks when he weighs more than 220 pounds (being as short as I am), now these pictures are all new, these are from last year, I lost weight really fast using this system, in fact I lost so much weight one month, that some co workers did not recognize me in the street. They just didn't associate me with the image of a "normal" looking guy.





This is me now, I am not thin, and I will never be skinny, but you must agree with me that this is a lot better isn't it ? (Notice the diet coke).

“Hey, wait a minute I can’t grab that much fat in my waist, I poke my finger in my belly and it’s not that much” but I still look like your pictures.

Well buddy, unfortunately your liver and your internal organs are also fat, you will lose fat from your insides, your heart is fat, your liver is twice its normal size, and so your belly will grow smaller because all that fat (that one REALLY threatens your life) will be gone.

GETTING STARTED

Congratulations, you have kept on, this means that you are willing to take some punishment. First of all, we have to accept what we are, go to a store, get a scale (if you don’t already have one) and go to your bathroom.

Do you have a full body mirror? If you don’t, make sure you can see all your body in the bathroom mirror, if you can’t, get a bigger mirror, because this is a requirement, get a photo camera and go to the bathroom.

I guess you are in your bathroom, lock the door and strip, stand naked in front of the mirror, look at yourself, study every part of your body in detail, look at yourself, take pictures, all you want, you are going to need them to remember how you were and they’ll help you feel that sense of accomplishment when you finally lose weight.

Record your weight and today’s date, now look at yourself and say goodbye, because you are about to kill that person forever, the fatso is dying and he/she knows it, but don’t lower your guard, he/she will defend itself, nobody wants to die, in time you will learn to recognize the efforts of your fat self to regain its existence, of prevailing over you, but you must remember that this trip is a one way trip, and that once you begin the process it will be self sustaining, you will have less and less problems and you will feel better and better, your body will reject fat and in time it will start killing it by itself.

The beginning of the process is letting know, let everyone know that you are on a weight loss program, this doesn’t mean your whole household has to go on a

diet, YOU are fat, and even if they are fat, it's not your call to put them on a weight loss program, you have to eat special food, fine, but this has nothing to do with everyone else. BTW, your special food will be very appealing to them, so be ready.

This weight loss program is quite odd, it goes against the establishment, it is not a calorie restricted diet, it is not a fat restricted diet, a lot of people will give you static about it, they will tell you that you are eating wrong, they all have their miracle diets and food programs, don't listen, most people don't know what they are talking about. In the following pages you will find enough information to make them understand, but it's not your job, you are going to be too busy taking care of yourself (and it's time) the fact that you are fat is because you didn't take care of yourself, now its time to be selfish. This is the road to a better life and you have just started traveling through it.

Welcome to the rest of your life, now we will take a look at how your body works, what fuels it, what stays and what goes, even though this might be a bit boring, it is important for you to understand how your body works so you can live a better life, once you understand this, you will not need to count calories, or be conscious about what you eat, you will just know what to eat and what not to eat. You will not have to run around with a custom diet or a list of things, also, this will not require odd ingredients made out of exotic plants you can only get in Paraguay (or whatever country you have never heard of).

WHAT DO I EAT?

This takes honesty, you must think about what you eat, this is the explanation to your excess weight, it is because of what you eat, not just **how much**, it is also **what**. List all you eat for breakfast, lunch, dinner, all the snacks, candy, drinks etc. This is well beyond "guilting" you away from food, you need to make a list of what you eat because it may well be that if I tell you not to eat sugar, you will end up eating half of what you eat, so its really important that you know what you eat, and that you are willing to drop a whole food group, or maybe two completely out of your diet, you will not believe what is making you fat, and let

me give you a hint, it's better for you to have French fries than mashed or boiled potatoes. Amazing isn't it?

Well, now that you have listed ALL you eat, let's take a look at the food groups, the first thing you want to get rid of is sugar, but in all its forms, not just plain sugar, getting rid of the sugar (sugars) of your diet will put your body in overdrive, it is going to have to work a lot more to make energy.

So, I have just given you a hint of what is to come, this is the lousy part of the diet, no more candy, pastries, potatoes, rice, bread, etc. Don't die on me now, the good part is you get to eat barbecues, hamburgers, sausages, pork chops and lots of other things which will feed you, and I promise you will not be hungry, in fact you can stuff yourself once in a while.

WHY AM I HUNGRY?

How does your body know it has to eat? The fact is that eating is not a conscious process, well it is in part, but you get primed by a system which is unconscious, you feel depleted, starved, lacking strength, some people even feel pain in their stomach and they just **have** to eat. How does this happen, how is that your body all of a sudden becomes hungry even though it has fat stored to keep you alive for weeks or even months ?

It is not an empty stomach, your stomach may even still be digesting your previous meal but your body starts craving for food, the mechanism that tells your body to search for energy is in your brain, and the trigger is in the blood. The naughty thing is called glucose, you eat, you make glucose, it goes in your blood, and two hours later it is almost all consumed, so you need more, some people even call it sugar rush.

Your body functions with energy, this energy is in the form of blood glucose, and some foods give it to you fast, your body has a mechanism for getting rid of it, it's the pancreas, it generates insulin, which lowers your blood glucose level. So, the body likes easy, if you eat chocolate, it gets metabolized into glucose straight away, it goes in your blood, and "there you go", you have

energy, readily available for whatever use you want to give it. If you exercise, it's ok, but if you don't, then your brain generates dopamine and you are happy, you feel better all over, but if you don't burn it, it goes into storage immediately as fat. When this level goes down, it is just like drugs, you need another fix and your body asks for it, you become hungry and you want food. Now let me give you an example, just a couple (two) hours ago you had a snack, let's say a couple of snickers, you go by a McDonalds, and you want a hamburger, you just need it, you can't stop yourself and you walk in, you buy a quarter pounder (or two) and sit on the table. You wanted a hamburger and you got it, but was it really the hamburger you wanted ? The food industry is in the business of selling calories right ? NO. They are in the business of selling sugars, that's what gets you hooked up, just like alcohol or cigarettes, just like any drug, you eat them and they make the brain happy. Let's take a look at what you bought: 1 Hamburger, a pack of French fries, a coke, some ketchup. The hamburger has sugar, the French fries too, as well as the ketchup, so you got yourself a sugar fix, where ?, the bread is weight for weight almost 50% carbohydrates, which turn directly into sugar, the French fries have starch, which is directly converted into sugar, and the ketchup actually HAS sugar in it. Now good that the French fries are fried, because that sugar is a bit harder to metabolize because of the fat in them, but anyway you will get it, your body is very good at it.

So now you have seen that you went into McDonalds to get sugar, if you passed by the McDonalds and walked into a diner to order bacon and eggs or a steak and eggs, it's true these have fat in it, but there are no sugars there, so you will feel satisfied, your blood glucose level will not raise that much, and when it goes down again, the hunger will be less, it's all a matter of comparison, your body reacts with less hunger if the drop is less, we will get into facts and figures later.

HOW DOES MY BLOOD SIGNAL MY BRAIN WHEN NEED FOOD ?

Normal blood sugar levels are what you made them, depending on your diet you may have an average level of 150, a normal fasting blood glucose level is

less than 110 mg/dl. It might even be 70 or 80, but this is “normal” is (on average) a normal blood glucose range is in the low to mid 100s. A diagnosis of diabetes is made if your blood glucose reading is 200 mg/dl or higher and you have symptoms of disease such as fatigue, excessive urination, excessive thirst or unplanned weight loss (the unplanned weight loss usually does not happen).

To be successful you need to keep your blood glucose around 80 and on peaks around 120, this does not mean you should go out and buy a blood glucose level meter (which might not be such a bad idea) given the fact that you could see for yourself what is happening inside you, but let's avoid the purchase for now. The whole point of this is to solve the eternal issues.

NO MATTER HOW MUCH I TRY I CAN'T LOOSE WEIGHT

NO MATTER HOW MUCH WEIGHT I LOSE I ALWAYS RECOVER IT

I AM ALWAYS STARVED

IF I DON'T EAT SOMETHING SOON, I'LL FAINT

So go on and let's get to work

CHANGES IN WHAT YOU EAT

What you eat has to change, you have tried low calorie diets, now look at yourself in the mirror (told you it was going to be useful), so that didn't work. You tried low fat, look again, that didn't either.

“There must be something in my genetics, or my glands”. NO, don't fall for it, all you are going to achieve is to lie yourself out of solving the real issue here.

Let me explain something, since you are fat, if you are a woman, your fat has been storing massive amounts of estrogen, therefore your body has been saturated with it, your body has told your glands to stop producing estrogen, you have too much of it as it is, therefore your periods are irregular or absent,

your voice deepens (due to the fact that your larynx grows male like), and in some of you there is facial hair appearing. Your estrogen is in the fat, you cannot use it to be a woman, but its there, so your body doesn't make anymore (some woman have abnormal mammary tissue, by this I mean where it's not supposed to be), so if you were thinking you were getting early menopause, wrong, it's the FAT. If you are a man, the opposite happens, the fat stores testosterone (and estrogen) and your glands stop producing it, therefore you loose muscle mass and you grow breasts (literally), it's not just FAT, it's your hormones. Also you might have some erection problems, but this is not because excess fat is blocking the blood vessels in your penis, it's because the testosterone is not there to make it work. You can also have erection problems due to high blood sugar levels. Normally this is solved by the weight loss, but it will take time.

BE REALISTIC !!!

Now some memory exercise. When was the last time you remember being (maybe not thin) but normal weight. 10, 20, 30 years ago ?

Well then, you have to loose weight but remember how long it took you to gain it, let's say you are 100 pounds overweight, and you were thin (or normal weight) 25 years ago, this means that on average you gained 4 pounds a year, it is true that you gained maybe 20 pounds in one year, and nothing on another, but the average is not that much. So remember this when you have recovered a normal weight, if you gain 4 pounds, loose them, it is easy to loose 4 pounds, but on top of an extra 96, it is almost impossible.

Let's use an example again, I am writing this because I was 90 pounds overweigh, for a man my size that is a huge excess, I am 5.2" , my "Normal weight" should have been be 140 to 150 pounds, well, I was above 240, I have been at this for 4 Months, I have lost now more than 50 pounds. Impossible ? NO, well not everybody will achieve these results, it really depends on your total muscular mass and other variables, but let me tell you something, your legs are

in shape, they have been lifting weights for the last 25 years. You weigh so much that it is the same as a thin guy or girl walking around all day long with two 50 pound bags of cement on their back (no wonder you feel tired).

Now, with all that exercise, why don't I loose weight, well, maybe you have noticed or not, but you have become lazy-

AM I LAZY ?

Well, in one word YES, if you mentally go through your day, you will notice that you don't walk anymore, you ask other people to bring you things, you drive everywhere, the first thing you do if you are standing up is look for a chair, the weight has changed you, so you must change back. No more "bring me this" or "bring me that", go get things yourself, you are not old, just FAT.

Do not run to sign up at a gym (that wouldn't be a bad idea either) but for now, stop asking for things, instead of sitting all day long, walk around the house or the block, go get groceries on foot, if the store is too far, do not park in front of it, park one block away, always park as far as you can from the door of the store in parking lots, go to the mall, and take a tour (not of the food garden!!!!). You will notice that since you have gained weight you don't go out that much, begin going out again, go say hello to your neighbors, go to the zoo, whatever gets you off your chair (your couch is more like it, right ?).

Nobody is expecting you to run a marathon, just go out for a walk in the afternoons, as I said, to buy groceries, or just to say hello to someone.

I REALLY DO NOT WANT TO BE SEEN

Ger over it, you are fat, not a leper, and of course you are not ugly (that **is** incurable) you are just fat, and you need to go out, because it will be other people who will fuel your weight loss, you can't do this alone, the mirror is a good reminder, and a good measure of success, but other people, those

same people that gave you the eye, that frowned upon you when you walked into a movie theater or into a restaurant or diner, **will** make a difference.

It is amazing (and I speak from personal experience) the first look of surprise from a friend, If you are a man, the first time a friend of your wife tells her "You are going to have to be careful, he is hot", If you are a woman, the first jealous look of a friend (a girl) when her husband scans you. All those thin guys and girls who discriminated you will greet you with a smile now, every pound you loose will put you a little bit more back into society. Remember the airline stewardess who frowned at you when the seat belt did not fit, or your butt just wouldn't fit the seat ?. How about the guy on the next seat of the plane or bus, annoyed because you used too much space ? Or sitting at the end of the seat row in movie theaters because that's where the extra wide seat is ?. And please remember the boutique, the skinny sales lady saying "Size what ??????", no m'am we don't carry those sizes". YES always awful looking clothes in a special store. No two piece suit for you, if you are a woman, never shorts, or skirts.

So, get over it, the sooner you start moving the sooner all those people will greet you with a smile, BTW, never forget how people really are, you have see it from the other side, never become one of them, if you should ever encounter a big person, be nice, don't act like they acted towards you, but remember it is all right to tell them not to lie to themselves, they are not sick, it's just an excuse for being fat.

I AM DEPRESSED, IT'S NOT THE RIGHT TIME FOR THIS

Of course you are depressed, you are **FAT**, you are heavy, you feel tired, nobody tells you look handsome or pretty, nobody asks you out, your friends have to set you up on blind dates, and then the dates never call again. Of course you are depressed, this makes you eat even more, because you feel better (happier) when you eat. If you are married maybe your sex life is not what it was. So, do something about it.

The mechanisms of depression are well understood (at least your kind), everybody needs to feel beautiful, strong, or wanted, and even if you are wanted, you know that you don't look good, you know that every commercial,

every movie, and everyone who shows up in an ad or on TV is better looking than you, therefore you are in a constant state of stress, even if you are not consciously aware of it, you know that you are not in a safe position, even if you are married.

Now is the time to do something about it, I remember the story of a friend, she was dating another friend of mine, they had separate holidays, when they met, a couple of months later, she had lost 50 pounds, her boyfriend burst into tears (tears of joy), in that moment she found out how much he loved her and how terrible it was for him to see her so fat.

I'M READY, HOW DO I START?

Well, it's pretty simple, you already began. Now that you know exactly what you eat, it's time to change, now relax, you will not starve, in fact, your new diet (if you want to call it that) is more than pleasing. First of all let's review what you are going to do.

WHAT NOT TO EAT

For the first two months (zero of this)

Potatoes in any form, but specially boiled (you wouldn't want raw potatoes anyway)

Rice, in any form

Sugar

White bread, Whole meal bread, Multigrain Bread

Pasta

Pizza

Ketchup

Anything made with flour (no, tortillas or yeast less bread is **not OK**)

Sausages

Stay away from processed white bread and rolls.

WHAT TO EAT

Vegetables:

Broccoli
Cabbage
Lettuce
Mushrooms
Onions
Red Peppers

Sweeteners:

FIFTY 50 Low Calorie Fruit Spread

Fruits:

Cherries
Grapefruit
Prunes
Apricots, dried
Apples

Cereals:

All Bran with Fiber
Muesli
Bran Buds
FIFTY 50 Hearty Cut Oatmeal

Dairy:

Yogurt, artificially sweetened

Snacks:

Hummus
Peanuts
Walnuts

Cashews

Meats:

Fish

Chicken

Pork

Beef

Bread:

Whole-grain pumpernickel or rye bread

Eggs:

As many as you want (preferably boiled), but you can have them scrambled, try to eat less than 6 a day (for the first two months), if they are boiled or soft boiled eat as many as you want. (We'll worry about cholesterol after a couple of months).

Now the amounts, if you eat “two fists” of vegetables, and a “deck of cards” of meat you will be ok, if after the meal, if you are still hungry, increase the meat by 50%, in the next meal, if you are still hungry, double it on the next meal. Take your three meals, eat a large breakfast, 3 or 4 scrambled eggs with a couple of slices of rye bread. Try to limit the bread as much as possible, but if you can't, then limit it to two slices per meal.

Regarding eggs, if you like them soft boiled, it is a lot better than scrambled

So, Breakfast is large, lunch is middle sized, and dinner has to be light.

Do not pig out on every meal, losing weight just won't happen

Eat a “decent amount”, it will take some fine tuning, I don't give fixed amounts because what was enough for me might be too much or too little for you, so eat until you are satisfied.

Coffee and Tea:

As much as you want, if you feel hungry, drink a coffee or a tea (without sugar)

Use artificial liquid sweetener, stevia, aspartame, saccharine, do not use powdered sweeteners as you can't really know if they contain carbohydrates (most of them do).

HOW WILL I FEEL?

During the first two days, you will feel spent, with a bit of a buzz, this is your low blood sugar, this sensation will go away after a week, in fact, you will feel a lot better and more energetic. if you feel too dizzy or faint (but really feel dizzy or faint, not as an excuse to eat), drink ½ a glass of milk on your breakfast and drink a coffee (with milk) after lunch, but with the two slices of bread per meal you should be OK on the carbohydrate department.

It is a good idea to have one or two tuna sandwiches on rye at night (preferably one).

Try to vary during the week, on Monday lunch chicken, Tuesday tuna, Wednesday beef, Thursday pork, Friday chicken again. Saturday shrimp or shellfish.

YOUR DAY !!!

You have a day, it is not a fixed day, you can have it whenever you want, as long as it's once a week, as an example, you had your Sunday, and then decided to take your day on Friday, your next day will be nine days away instead of seven, if you move it closer then you will have to wait extra days the next week, but if you delay it, you will have to wait less.

It is not a good idea to take two "your days" in a row.

You will notice that on “your day”, you will feel hungry after the meals, this is because of the large variation on your blood sugar level, a dish of ravioli or lasagna will cause your blood glucose levels to bounce up and down.

Anyway, on “your day”, don’t overdo it, eat one full dish of what you are not supposed to, per meal but believe me, you will not be able to eat as much as you were used to, in fact, you will start noticing “sweet” foods you didn’t notice were sweet before. If you can do your day with just one “your day” meal, and at night have the usual light dinner. If you need two “your meals” make them breakfast and lunch.

Let me tell you another story, I used to have one or two large pizzas for lunch (Domino’s or pizza hut), after a month, one of “my days” I ordered a medium sized pizza at Pizza Hut, but made it to three quarters, there were two slices left in the box, I overdid it and ate one of them, but then I just had to throw the last slice away. I don’t really know if it was the amount or the taste, it just felt “sweet”, also you will feel the glucose in your blood (just like when you eat a couple of chocolate bars or 5 or 6 snickers, your face sort of tingles and you feel like you are flushing.

Diet coke is OK, just check the carbohydrate content of all diet beverages.

WHY A LIGHT DINNER ?

When you eat, you roost, if you eat in the daytime, it’s ok, your body shuts down blood flow to the body, redirects blood flow to the digestive system and starts working, now, if you eat a lot before going to bed, your body activity goes to zero, the digestive system then works more efficiently and your dinner is squeezed out of every nutrient possible, this is why it is not a good idea to eat a lot before going to bed.

TURN DOWN THE HEAT

Try to keep yourself mildly uncomfortable with cold, turn down the heater at home, stop using electric blankets, wear cooler clothing and try not using the car heater or setting it as low as you can take (this doesn't mean catch a cold).

"Studies have shown that obese individuals have less brown fat than skinny people. But brown fat loses its effectiveness in burning energy if it's not used and exposed to cooler temperatures". <http://www.aolhealth.com>

The fact is that a large percentage of the energy we consume goes to maintaining body temperature, so **KEEP COOL.**

BATHING

We all know that water is a better conductor of heat than air, you can find several examples of this, when you get wet you feel cold, if you want to thaw food, it will do so faster if you put it in water, so get in a bath (tepid), and let it cool down, stay there until you feel cold (don't let it come to shivering), doing this once a day will help a lot with weight loss.

THE SCALE

You can weigh yourself every day, but the weight variations are so small that you will not notice them, also, it might discourage you, weigh yourself every 5 days to a week, do it always naked, clothes vary in weight.

MY BODY IS CHANGING

Yes it is, first, if you were on a calorie restricted diet you would lose weight, but normally it is lean muscle, this causes your basal metabolism to go down, burn less energy and then it will grow fat again, but you are worse off, when you regain weight, your muscle fat ratio is worse, more fat less muscle, so the next

time you go in a diet, there is less muscle to burn fat, it's a cycle which makes you more obese with every diet, even if you weigh the same.

This type of diet causes your basal metabolism to raise or remain the same, the high protein intake will make your muscles grow, you regain muscle mass, this burns more energy, which helps you lose weight. In this diet you will lose lots of weight, but it will be fat, your muscle fat ratio will improve, therefore you will need more energy to stay alive, and since this is what you need to become a leaner person forever, it's good.

I HAVE STOPPED LOSING WEIGHT OR I AM LOSING WEIGHT MORE SLOWLY EVEN THOUGH I EAT THE SAME.

Well, it's simple, muscle is heavier than fat, you will get to a point where you look better and better, your waist becomes smaller and smaller, but weight loss is slower or even absent, this is because the growing muscles lean you out, you lose fat and your waist becomes smaller, but the weight will not decrease as much as you look thinner. It's a normal process.

EXERCISE

Try to increase your physical activity by walking to places or moving more, do not attempt an exercise plan during the first two months of your new diet, specially because you will be too heavy, and if it is too difficult you will not do it.

You will start an exercise plan when you are ready, when you feel like exercising, maybe after a couple of months, you will get hooked on weight loss, just give it time.

SMOKING

If you are a smoker, this is not the time to quit, the withdrawal will make you eat, (specially sugar and carbs) and this in turn will spoil your diet, if you already have cancer, tough luck, if you don't, well, keep on smoking until you are not

FAT, trying to quit now will be a nightmare, sixty packs of cigarettes more will not kill you, once you loose all that extra weight, you will feel better and be in a better mood to lose weight.

LOOSE SKIN

If you were exceptionally large, you will need surgery to remove spare skin, do that once you feel that you have reached a plateau in weight loss, sometimes the skin will adapt and you will not be so loose, if it doesn't you will need a plastic surgeon.

FOOD TO EAT

Some of us are not good on the imagination department, so here are some pictures of what you can eat.

BREAKFAST





LUNCH AND DINNER









SANDWICHES





OK, WE'RE DONE, SOME LAST TIPS

Now, you are an adult, I have shown you how I did it, now it's up to you, keep as many boiled eggs as possible at hand, eat them at will when you are starved, if you are a sandwich eater (as I am) eat one of the sandwiches shown above.

After you loose weight, you will be able to go into a McDonalds and eat a big Mac (hold the fries and no ketchup) BTW it's ok to eat mayo. Just don't eat two.

When you have lost weight you will look at food in a different way, after a couple of months of this diet, you will order a small pizza and you will be happy, you will eat it to enjoy the taste, not to pig out on a large one.

Remember what got you into this in the first place, try to enjoy your new diet, eat $\frac{1}{4}$ of roasted chicken, half if you want. Eat big tasty steaks, treat yourself with shellfish, roasted fish, enjoy.

Try to pig out just once a week (or not at all) we all know how much we can eat and OF COURSE it's too much.

If you need an emergency snack try salty peanuts with a diet soft drink. Drink a liter of diet coke per meal, or gasified water (that'll fill you up). But always try to reduce volumes of food and drink, you need to make your stomach smaller. Eat until you are satisfied, not full.

NO ALCOHOL, that is SUGAR, if you need a beer, drink a can (not a gallon) alcohol will make you hungry.

You can do it !!!

Good Luck