THE BEGINNER’S GUIDE FOR HOW TO LOSE WEIGHT IN 2017 WITHOUT HAVING TO DIET
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Full Plate Living
There are two ways you can lose weight

The most common way is to go on a diet.

A second, less popular but much more effective way is to change your diet.

But going on a diet is completely different than changing your diet.

When you go on a diet, your goal is to temporarily eat smaller portions and fewer calories.

Essentially, you’re playing the calorie restriction game.

When you change your diet, your goal is to eat different food.

Foods that are naturally more slimming.

Foods you can fill your plate with and still lose weight.

When you change your diet you do it for good because you want the results to last for good too.

This guide will show you a proven, step-by-step process for how to change your diet so you can lose weight without having to go on a diet.
If changing your diet is better than going on a diet, why isn’t everyone doing it?

Because changing your diet is hard.

- It means learning how to grocery shop differently.
- How to cook differently.
- How to eat out differently.
- It requires you to learn new skills.
- New tastes.
- New foods.
- New eating habits.

More people would consider changing their diet if there was a realistic roadmap for how to do it.

That’s why Full Plate exists!

Why Dieting is Different Than Changing Your Diet

When you go on a diet, you change the amount of food you eat.

**The Result**

You lose weight fast but you feel helpless because you don’t know how you’ll keep the pounds off once you quit the diet.

When you change your diet, you change the food you eat.

**The Result**

You lose weight slower but you feel confident and in control because you know what foods to eat in order to lose weight.
If you resolve to do
ONE thing this year
do this!

At Full Plate, we’ve been helping people like you change their diets for over two decades.

We’ve learned a lot about what works AND what doesn’t.

It’s from these learnings we’ve distilled the process of changing your diet into ONE simple action.

It’s a simple idea to understand but it’s not easy to do. It takes time and effort to master.

But the reward of mastering this ONE habit is worth it.

So what’s the ONE thing we recommend you focus on above all else this year?

**Eat more fiber foods.**

If you resolve to do one thing this year, eat more fiber foods at every meal.
Medical researchers are among the strongest supporters of a high-fiber diet.

The Institute of Medicine, the American Heart Association, the Academy of Nutrition and Dietetics, the American Diabetes Association, the World Health Organization, the American Cancer Society, the American Institute for Cancer Research – all recommend that you eat a high fiber diet.
Successful MyFitnessPal Users Eat More Fiber

The team at MyFitnessPal recently studied their users who had successfully reached their weight loss goal.

They were looking to answer the questions,

“What are successful users eating differently than the rest of us? What are they doing that others aren’t?”

Were they eating fewer carbs? Less sugar? Less fat?

No.

The most successful MyFitnessPal users were doing ONE thing differently than everyone else.

They were eating more fiber.

View the entire infographic and write up at http://blog.myfitnesspal.com/eat-like-successful-myfitnesspal-user/
Why is fiber such a big deal?

Only 3% of Americans are eating the recommended fiber intake.

The reason our pants aren’t fitting anymore is because we’re not eating enough fiber.

We’re not eating enough fiber to lose weight.

That’s why if you start meeting the daily fiber recommendations, you’ll start slimming down.

You’ll start to feel better again.

You’ll have more energy again.

In fact, MyFitnessPal users weren’t even eating the recommended amount of fiber and they were experiencing results.

This guide will show you how to get started eating enough fiber so you can lose weight without having to go on a diet this year.

Remember the Wendy’s TV commercial series, “Where’s The Beef”?

Clara Peller, who starred in the commercials, would peer into a huge fluffy white bun and seeing only a tiny beef patty would exclaim, “Where’s the beef”?

While microscopic beef patties might have been the scourge of 1980’s America, today, a new question is begging to be asked.

“Where’s the fiber?”

If you resolve to do one thing this year, learn to ask the question, “where’s the fiber?”

The better you get at asking “where’s the fiber?”, the easier it will be for you to lose weight without having to go on a diet.

Are you ready?

Let’s get started.
Your 7-Step Plan For How To Lose Weight By Eating A High Fiber Diet

Step #1 ✪ Eat a natural fiber food at every meal for 30 days

Step #2 Master 75% Plate breakfasts

Step #3 Ace 75% Plate suppers

Step #4 Pack 75% Plate lunches

Step #5 Move for 30-minutes 5 days a week

Step #6 Master the Full Plate Evening Routine

Step #7 Give Back

For the past 20 years, we’ve developed and refined a 7-step process for how to lose weight by changing your diet.

The hardest part of doing something BIG, like changing your diet, is getting started.

So this guide breaks down everything you’ll need to know to succeed with Step #1!

Later on, we’ll introduce the rest of the steps.
Are you eating enough fiber to lose weight?
You can find out here. It will only take you 5 minutes to see how you score.

1. **Take The Quiz**

   First, you need to find out how much fiber you’re already eating. Because the good news is, you’re already eating some fiber, which means you’re already part way to your goal.

   To make this easy, we’ve developed a short quiz to give you an estimate on how much fiber you’re already eating.

   **Go to the next page and take the quiz.**

2. **Compare Your Results**

   Take your score from the quiz and see how you’re doing compared to the average American.

   **Most Americans Eat Fewer Than 5 Fiber Foods Each Day**

   How do you compare?

   - **0 - 5 Fiber Foods**
     You’re off to a good start!
   - **6-10 Fiber Foods**
     You’re well on your way!
   - **11-15 Fiber Foods**
     You’re a star!

3. **Set Your First Milestone**

   Your goal is to work up to eating 11-15 servings of fiber foods every day.

   When you’re eating 11-15 servings of fiber foods every day you’ll be eating enough fiber to lose weight!

   This goal might feel daunting to you right now but, don’t worry. You’re not alone.

   Changing your diet isn’t easy. It takes time. But you can do it!

   And the only way to take on any really BIG challenge is to take it one-step-at-a-time.

   Next is an example for how to set your first milestone.
Are You Eating Enough To Lose Weight?

Find out how you score.

Take this quiz to see if you’re eating enough of the right foods to give you a weight loss edge in 2017.

Count the foods listed to the right that you’ve eaten in the last 24 hours.

When you’re done, see how you compare below.

### How many of these foods did you eat during the past 24 hours?

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Cooked Whole Grains</th>
<th>Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>apples</td>
<td>artichokes</td>
<td>barley</td>
<td>black beans</td>
</tr>
<tr>
<td>apricots</td>
<td>asparagus</td>
<td>brown rice</td>
<td>black-eyed peas</td>
</tr>
<tr>
<td>bananas</td>
<td>avocado</td>
<td>oats</td>
<td>edamame (green soybeans)</td>
</tr>
<tr>
<td>blackberries</td>
<td>beets</td>
<td>quinoa</td>
<td>garbanzo beans</td>
</tr>
<tr>
<td>blueberries</td>
<td>bell (sweet) peppers</td>
<td>wheat</td>
<td>kidney beans</td>
</tr>
<tr>
<td>cantaloupe</td>
<td>broccoli</td>
<td>whole grain cornmeal</td>
<td>lima beans</td>
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<tr>
<td>cherries</td>
<td>carrots</td>
<td>wild rice</td>
<td>navy beans</td>
</tr>
<tr>
<td>grapefruit</td>
<td>cauliflower</td>
<td>other cooked whole grain</td>
<td>peas</td>
</tr>
<tr>
<td>grapes</td>
<td>celery</td>
<td></td>
<td>pinto beans</td>
</tr>
<tr>
<td>kiwi</td>
<td>corn</td>
<td></td>
<td>other bean</td>
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<tr>
<td>mango</td>
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<td></td>
</tr>
<tr>
<td>watermelon</td>
<td>zucchini squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>other fruit</td>
<td>other vegetable</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### What a 0-5 score means

If you’re eating 0-5 servings of fiber foods every day, you’re in good company.

In fact, most Americans are right here with you.

But if you want to make 2017 the year you lose weight once and for all, then you’ll need to (gradually) work your way up to eating 11-15 servings of fiber foods a day.

### What a 6-10 score means

If you’re eating 6-10 servings of fiber foods every day, you’re ahead of most people.

Congratulations. You’re doing a lot of things right.

But if you want to make 2017 the year you lose weight once and for all, then you’ll need to (gradually) work your way up to eating 11-15 servings of fiber foods a day.

### What a 11-15+ score means

If you’re eating 11-15+ servings of fiber foods every day, you’re part of the rare 3% club.

This means you’re ahead of 97% of fellow Americans.

Full Plate Living exists to show people how to eat more fiber foods so they can lose weight in a way that lasts.

Keep up the great work!

### How to improve your score

If you want to lose weight you’ll want to be eating between 11 and 15 servings a day.

The best way to increase the number of fiber foods you’re eating is adding 2 new foods at a time. The next page walks you through setting your first milestone.

Now you know your score...take the next step!
How to Set Your First Fiber Milestone

Say right now you’re eating 3 fiber foods each day.

We recommend that you increase fiber servings by 2 servings at a time.

So your first milestone will be to increase the number of fiber foods you eat every day to 5.

**Tip:** You’ll know it’s time to add 2 more fiber foods when eating 5 servings a day becomes second nature.

Now you’ll be tempted to start eating 15 fiber foods a day right away.

Don’t!

We recommend that you go slow.

If you go too fast you might experience [gas and other annoying GI issues](#).

What’s the reward for reaching the goal of 11-15 fiber foods every day?

• Weight loss that feels automatic without feeling hungry.

• New found energy.

• Feeling great again.

You could just eat more servings of the fiber foods you’re already eating.
Congratulations!

Now you’ve set your first milestone, the next logical question you might be asking is...

**Where’s the fiber?!**

If you want to succeed at losing weight by changing your diet, then you’ll want to become a pro at asking the question, where’s the fiber?

In the next section of this guide, we’ll show you how to get better at finding fiber foods.

You’ll learn how to find fiber foods:

- At the drive through
- At your favorite restaurant
- At the grocery store

You’ll start seeing fiber foods almost everywhere.

Why?

Because fiber wasn’t our idea.

We didn’t invent it.

That was God’s doing.

We just created the process that will make it much easier for you to lose weight by eating enough fiber in your diet.
If you’re like most people, you’ve seen fiber in two places. You know it’s in the pharmacy aisle, next to Ensure etc. This isn’t the fiber we’re talking about.

You’ve also seen “fiber” printed on cereal boxes. This isn’t the fiber we’re talking about.

We’re not trying to get you to eat more fiber. We’re trying to help you eat more foods that are naturally high in fiber.

When you eat foods naturally high in fiber, that’s when the magic happens.

To the right is a list of the top 9 fiber foods we recommend for when you’re just starting out.

### The Top Fiber Foods For Beginners

#### High Fiber Breakfast Foods
1. Apples
2. Berries (Black, Raspberries etc.)
3. Oatmeal

#### High Fiber Lunch Foods
1. Avocado
2. Pears
3. Baby Carrots & Hummus

#### High Fiber Supper Foods
1. Broccoli
2. Sweet Potatoes
3. Beans (Black, Chili, Red, Green)

You might surprised how many of these fiber foods you already like! If you want a more comprehensive list of fiber foods, visit our [online fiber guide](#).
Where’s The Fiber At The Drive Thru?

Fast food chains are actually getting better about offering high fiber foods.

If you’re always on the go, here are some high fiber items you can order at the most popular fast food chains.

Fiber at Top Fast Food Restaurants

<table>
<thead>
<tr>
<th>McDonalds</th>
<th>Subway</th>
<th>Wendy’s</th>
<th>Dunkin’ Donuts</th>
<th>Pizza Hut</th>
<th>Panera Bread</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cuties or Apple Slices</td>
<td>• Sliced Apples</td>
<td>• Broccoli Cheese Baked Potato w/ Small Ricy &amp; Meaty Chili</td>
<td>• Oatmeal</td>
<td>• Buffet Salad</td>
<td>• Turkey Chili</td>
</tr>
<tr>
<td>• Southwest Grilled Chicken Salad</td>
<td>• Any Salad version of the sandwich</td>
<td>• Power Mediterranean Chicken Salad</td>
<td>• Premium Garden Veggie Pizza</td>
<td>• Veggie Lover’s Pizza</td>
<td>• Ancient Grain &amp; Arugula Salad w/ Chicken</td>
</tr>
<tr>
<td>• Fruit and Maple Oatmeal</td>
<td>• Salad bar veggies &amp; guacamole</td>
<td>• Apple Slices</td>
<td>• Fruit Cup or Superfoods Side</td>
<td>• Steel Cut Oatmeal w/ Strawberries &amp; Pecans</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Starbucks</th>
<th>Burger King</th>
<th>Taco Bell</th>
<th>Chick-fil-A</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Hearty Blueberry Oatmeal</td>
<td>• Oatmeal</td>
<td>• Power Menu Bowl - Veggie</td>
<td>• Fruit Cup or Superfoods Side</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Veggie &amp; Brown Rice Salad Bowl</td>
<td>• Garden Chicken Salad w/ Tender Crisps</td>
<td>• Fresco Style Bean Burrito</td>
<td>• Grilled Chicken Cool Wrap</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Chicken &amp; Black Beans Salad Bowl</td>
<td>• Burger King Veggie Burger</td>
<td>• Black Beans</td>
<td>• Spicy Southwest Salad</td>
<td></td>
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</tr>
</tbody>
</table>

The good news is it’s getting a little easier to find slimming high fiber options at fast food chains.

But eating at your favorite joint will take some self control because tempting foods aren’t slimming by nature.

Here’s a general rule of thumb to set your expectations: the more you eat out, the slower your weight loss progress will be.
Where’s The Fiber At Your Favorite Restaurant?

It’s easier to create high fiber meals at sit down restaurants than it is at fast food joints.

That’s because the entire menu can be treated like a list of ingredients.

This means you can find all the high fiber foods on the menu and use them to create an awesome meal.

We call it the Ingredient List Technique.

To help you understand this technique, we created a example meal so you can see how it works.

Remember our rule of thumb. **The more you eat out, the slower your progress will be.**

But the good news is that it’s possible to eat a high fiber diet and still eat at your favorite restaurants with your friends and family.

Score!

### Chili’s - Margarita Grilled Chicken and Veggies

**How to Order This Meal**

Ask for:

**Margarita Grilled Chicken** with:

- one side of **Steamed Broccoli**
- one side of **Black Beans**
- one side of **Spinach Garlic Roasted Tomatoes**
- and one order of **Avocado Slices**

*Find more examples at fullplateliving.org/restaurants*
Where’s The Fiber At The Grocery Store?

To make it easier for you to find fiber foods when you go shopping, we’ve created a printable Where’s The Fiber? Grocery Store Guide. (on the next page.)

Print this guide off to help you as you decide what fiber foods you’ll use to get to your first milestone.

Most of us aren’t eating anywhere near enough of it.

If you resolve to do one thing this year, meet the daily fiber recommendations!

The reward of eating enough fiber is well worth the effort!

Fiber is a big deal.

Map of where weight loss fiber foods are found in the grocery store

- Dairy
- Meat
- Juice

- Frozen*
- Drinks
- Cleaning Supplies
- Chips
- Bread*
- Cereal*
- Canned Foods
- Condiments
- Dry Goods
- Produce

- Pharmacy
- Checkout Lines
- Customer Service
- Bakery

🌟 = great place to find fiber foods.

*Read our blog posts for the best breads, cereals, and frozen meal choices for weight loss.

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Where’s The Fiber? Grocery Store Guide

Flax = Great beginner food

<table>
<thead>
<tr>
<th>Produce Section</th>
<th>Frozen Section</th>
<th>Canned Goods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruit</strong></td>
<td><strong>Frozen Fruit (unsweetened)</strong></td>
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<tr>
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<td>Pinto beans ........................................................................ 8g fiber/half cup cooked</td>
</tr>
<tr>
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<td>Kiwi ........................................................................ 5g fiber/2 medium</td>
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<td>Lima beans ........................................................................ 7g fiber/half cup cooked</td>
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<tr>
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<td>Peaches ........................................................................ 2g fiber/cup</td>
<td>Garbanzo beans ................................................................ 6g fiber/half cup cooked</td>
</tr>
<tr>
<td>Strawberries ........................................................................ 3g fiber/cup</td>
<td></td>
<td>All dry beans are great sources of fiber and we recommend them too! We didn’t list them because they usually take longer to cook.</td>
</tr>
<tr>
<td>Mango ........................................................................ 3g fiber/cup</td>
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<tr>
<td>Peach ........................................................................ 2g fiber/medium</td>
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<td><strong>Frozen Vegetables</strong></td>
<td><strong>Canned Vegetables</strong></td>
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<td></td>
<td>Spinach ........................................................................ 2g fiber/1 cup</td>
</tr>
<tr>
<td>Asparagus ........................................................................ 3g fiber/7 spears</td>
<td></td>
<td>Tomatoes ........................................................................ 2g fiber/1 cup</td>
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<tr>
<td>Tomatoes ........................................................................ 2g fiber/cup cooked</td>
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<td><strong>Frozen Beans</strong></td>
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</tr>
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<td></td>
<td>Lima beans ........................................................................ 7g fiber/half cup cooked</td>
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<td>Black eyed peas ................................................................ 6g fiber/half cup cooked</td>
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<tr>
<td></td>
<td></td>
<td>Garbanzo beans ................................................................ 6g fiber/half cup cooked</td>
</tr>
</tbody>
</table>

There are other whole grains that are fabulous for weight loss, but we didn’t list them because they’re harder to find.
Get Full Plate Approved Recipes In Your Inbox

We’ve found it’s actually quite hard to find high fiber recipes on the web that are also weight loss friendly.

That’s why we do the work of finding recipes that are high in fiber for you.

Every Friday we share our latest recipe finds in the recipe round up section of our weekly email.

This FREE publication is called *The Full Plate Weight Loss Weekly*.

If you aren’t signed up yet, you can get your FREE subscription by clicking here.

Would you like to go deeper?

Did you know we offer a guided online program so you don’t have to figure everything out on your own?

Email your wellness leader and let them know you’d be interested in more information about the program.
Learn more about our 7-step plan

At Full Plate, we’ve been helping people like you change their diets for over two decades.

We’ve developed and refined a 7-step process for how to lose weight by changing your diet.

It’s a proven process that breaks the daunting task of changing your diet into a series of small, realistic baby steps.

We’ve shown you how to get started with step #1 in this guide.

Now we’ll introduce you to the rest of the steps.

Your 7-Step Plan For How To Lose Weight By Eating A High Fiber Diet

Step #1 ✭ Eat a natural fiber food at every meal for 30 days

Step #2 • Master 75% Plate breakfasts

Step #3 • Ace 75% Plate suppers

Step #4 • Pack 75% Plate lunches

Step #5 • Move for 30-minutes 5 days a week

Step #6 • Master the Full Plate Evening Routine

Step #7 • Give Back
**Step #1: Eat a natural fiber food at every meal for 30 days**

This step is the discovery phase of the process.

You’ll discover how much more fiber foods you need to be eating each day to lose weight.

You’ll become a pro at asking, “where’s the fiber?” everywhere you eat.

In this step, you’ll want to try all kinds of fiber foods so you can create a list of the ones you like.

You’ll know you’re ready for step 2 when you have a list of at least 10 fiber foods you know you like. Without this foundation, it will be harder to succeed.

**Step #2: Master 75% Plate breakfasts**

It’s best to master one meal at a time. Start with breakfast first. You’ll know you’re ready to graduate to step #3 when you’re eating between 3-5 high fiber foods for breakfast.

**Step #3: Ace 75% Plate suppers**

Next make your primary focus working up to eating 3-5 fiber foods at supper.

**Step #4: Pack 75% Plate lunches**

After you’ve aced supper, it’s time to become a pro at packing lunches high in fiber. Again, you’re goal will be eating 3-5 fiber foods at every lunch. You’ll know you’re ready to head to step #5 when you’re eating between 11-15 fiber foods every day.

**Step #5: Move for 30-minutes 5 days a week**

Next you’ll want to make your primary focus getting more active. Activity is one the best ways to accelerate weight loss.

But there’s a reason why it’s step number 5. You’ll want to become consistent at eating 11-15 fiber foods a day before you shift your focus to exercise.

What you eat is your foundation for weight loss success. Exercise just makes it happen faster.
Step #6: Master the Full Plate Evening Routine

One of the biggest speed bumps that slows weight loss is having an evening routine that triggers snacking.

You’ll want to learn how to snack smarter, find fun, non-food related pastimes and get the right amount of sleep.

With an evening routine that encourages weight loss you’ll be ready to take the last step of your weight loss journey.

Step #7: Give Back

The best way for your new healthy habits to become automatic in your life is to help someone else.

Take everything you’ve discovered and use it to help a friend who is struggling or just starting out.

In other words, pay it forward!

The power of this approach to losing weight is the power of focus.

Small steps count and a series of small steps can compound into big results over time.

Successful weight loss is built on taking one step at a time.

If you try to do too much at once you will only wear yourself out.

Would you like us to guide you each step of the way?

Losing weight is hard.

The thought of changing your diet can feel overwhelming.

That’s why we created a program to help make the process easier.

It’s called The Full Plate Weight Loss Program.

You’ll get a step-by-step process to follow plus you’ll be blanketed with support, inspiration and encouragement for as long as you need it.

If you’d like a proven process to follow so you can change your diet in 2017, email your wellness leader and let them know you’d be interested in more information about the program.
Who We Are And Why We Care

Full Plate’s step-by-step process gives you the confidence you need to change your diet to one that will help you slim down, look great and be healthy.

Our mission is to educate, support and inspire anyone who desires to change their diet and live a healthier lifestyle.

We’ve been helping people like you change their diets for over two decades.

And we’ve learned a lot about what works AND what doesn’t.

It’s from these learnings we’ve distilled the process of changing your diet into a easy to understand 7-step process.

The modern way of thinking about losing weight is about restriction, hunger and deprivation.

But we think differently.

Our philosophy is a positive and encouraging approach.
<table>
<thead>
<tr>
<th>Some people think you have to be sure you’re eating the right amount of carbs and fat and calories and protein if you want to lose weight.</th>
<th>But we think that focusing on eating more fiber foods is the single biggest thing you can do to impact your health and weight.</th>
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<tr>
<td>Some people think you must purchase special foods or follow restrictive rules to lose weight.</td>
<td>But we think what you eat has a bigger impact on your weight than exercise does.</td>
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<tr>
<td>Some people think most weight loss plans make you too dependant on their plan, leaving you unable to make informed healthy eating choices on your own.</td>
<td>But we think eating healthy doesn’t have to be complicated and time consuming as it may appear.</td>
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<tr>
<td>Some people think lots of hunger and restrictions are needed to lose weight.</td>
<td>Some people think you have to adopt a pristine lifestyle to lose weight.</td>
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<td>But we think a weight loss plan isn’t viable unless you feel full after every meal and you actually enjoy eating the food.</td>
<td>But we think success is found by eating better rather than by eating perfectly.</td>
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<td>But we think lasting weight loss happens best as a series of small, easy steps instead of a burst of radical but difficult changes.</td>
<td>Essentially, we exist to show you a proven, one step at a time process for how to change your diet so you can lose weight without having to go on a diet.</td>
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<tr>
<td>Some people think it’s best to go big or go home.</td>
<td>If this sounds good to you and you’d like help implementing what you’ve learned in this guide, email your wellness leader and let them know you’d like to know more about the program.</td>
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