

Eat real food. Minimize the steps between growing/raising and eating. As you move up the level, increase your ratio of healthy choices to unhealthy choices.

No "cheat" meals or "cheat" days. You make a conscious choice to occasionally eat off protocol but that doesn't mean we need to make that a bad thing, it's a planned thing. You are in control. If you plan on having a piece of pizza, do it and then get right back on track. Don't make it mean anything.

Never make it two in a row. Never, ever have two bad meals in a row. If you eat off protocol, your next meal is the most important. 50% compliance is better than zero. Your eating plan is not ruined by one meal. Don't let a meal plan blown turn into a a day blown followed by a week off plan. Get right back on track the next meal.

Stay within the level that you have achieved all the way through that level. Don't skip a level. There is no short cut. If you fall off your plan, go down a couple of levels and start there. You will catch your momentum again. Each level gets more difficult. The most difficult levels are not for everyone but for sure the first five are achievable. Work your way through the levels at your pace. Don't worry about how long it takes. It's not a race and these are new habits. New habits take time.

Level 1:

You don't have to eat differently but do count calories, carbs, fat, protein, fiber and sugar. Learn to read labels and understand macros.

1. Food Journal Daily
2. Weigh Daily
3. Drink 16 oz water before coffee
4. Sleep more. At least 7-8 hours nightly
5. Read labels and look for hidden sugar in your diet.

Level 1 is all about awareness!

Transition to level 2 when you have accomplished :

1. Journal daily for a week
2. Weighed daily with no thought drama for a week
3. Added 16oz. of water daily
4. Added at least 30 minutes of sleep for a week.
5. Know how to read food labels and understand macros.

This level is about being aware of how much you eat and how you feel when you eat. Are you eating emotionally? If so, what are the emotions? What was the thought that drove the feeling? What were your behaviors and actions and what were the results? Now, what do you want your results to be? Describe that results that you want in detail. How will you feel when you achieve the results? What will you think, how will you act?

Level 2:

Time to take action and do some things differently. Keep doing everything in Level 1 and now add the following:

1. Reduce liquid calories by $\frac{1}{4}$. This includes juice, soda, beer, wine etc...learn to read labels and look for hidden sugar.
2. Reduce flour sugar intake by at least $\frac{1}{4}$. Keep looking at labels and identify hidden sugar in your food.
3. Make a list of reasons why you want to be healthy and make different choice? Be detailed. Think about your reasons every day.
4. Keep track of when your inner critic shows up. What does she/he say? What's the tone? What do you say back?
5. Journal all of it.

Transition to level 3 when you have accomplished every thing in level 1 & 2 for two weeks. This is all about awareness and all about changing old habits for new habits.

It's time to start making big moves...ready?

Level 3:

At this level we are going to take massive action and really make some transformational changes. Keep doing what you have been doing in Level 1 & 2 and now add:

1. Reduce liquid calories by 1/4 again.
2. Reduce flour & sugar by 1/4 again.
3. Eat only when seated at a table. Eliminate eating in front of the TV etc...make eating an experience!
4. Chew your food at least 12 times before swallowing. Notice how food tastes in your mouth. Put your fork down between bites. Notice your body feeling full.
5. Meal plan and meal prep for the week. Know what you are ordering before you eat out. Leave no room for cravings and urges.

Level 3 is Mindfulness!

Transition to level 4 when:

1. You have been successful at eliminating your sugar and liquid calories by 1/2 now for three weeks.
2. You have been successful at Level 1, 2 and 3 for three weeks.
3. You have developed journaling habits and are aware of your inner critic and you have developed strong and compelling reasons for why you are on this journey.
4. You are ready to make major changes in how you eat and how you access fuel.

Time to Level Up!!!!

Level 4:

At this level we are working toward precision. At level 4 keep doing everything you did at Level 1, 2 & 3 and now add:

1. No flour, No sugar
2. Add more veggies to your diet and good fats.
3. No liquid calories.
4. Remove anything that contains artificial sweetener, including diet soda.
5. Remove anything that says low fat or fat free.

Transition to level 5 when:

You have been successful at level 4 for two weeks. This is where transformations happen. If you slide, go back to the previous level and start there.

Do the worksheets, journal, do the thought work. Don't try to do this in your head.

Flat abs will happen in your brain!!!

Level 5:

1. Add Intermittent fasting two days a week. Start with 12 hours using the sleep hours as the largest chunk.
2. Add fasted cardio workout at least twice a week. Cardio can be a brisk walk or a run.

Transition to level 6 when:

You can do two days of intermittent fasting for 14 hours.

You can do two workouts a week before you eat your first meal of the day, (fasted cardio).

Level 6:

This is a good way to approach the last 10 pounds. Keep doing everything you did at the previous levels and add:

1. 3 days of 14 hour intermittent fasting
2. 3 fasted workouts per week
3. Cut any dairy from your diet in half.
4. Cut legumes, rice, quinoa by half

Level 7:

This is a good approach to the last 5 pounds. Keep doing everything you did at the previous levels and add:

1. 4 days of 14 hour intermittent fasting
2. 4 fasted workouts per week
3. No dairy
4. No legumes, rice, or quinoa