

# How to eat healthy, lose weight, and maintain it

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- Stop eating between meals, there is no more snacking. This is the single most important thing we can do
- Drink only water and maybe some plain tea or coffee. (about 6 glasses) No pop, juices, milk, or alcohol.
- Limit your eating window to 1 or 2 meals within a six hour period (8 max), like lunch and supper.
- With your meals eat until you are comfortable stuffed. You'll get enough nutrition and you won't be hungry.
- Do not count calories, instead eat low carb real foods. (look for 0-9 grams of total carbs on the labels)
- Eat lots of: Meat, eggs, liver, fish, bacon, butter, fats, and proteins (fat is our friend)
- Eat some of: Vegetables (no potatoes, corn, or fruit), salads, cheese, pecans, walnuts, pumpkin seeds, mustard, vitamins (like D3), and salt (yes salt).
- Eat little or none of: Carbohydrates and sugars of any kind, breaded meats, vegetable oils, fast food, bread, wheat, any grains, pancakes, oatmeal, french fries, spaghetti, pasta, rice, potatoes, corn, fruits, beans, chips, crackers, cereals, candy, pop, juices, milk, ketchup, barbecue sauce, honey, alcohol, artificial sweeteners, and any manufactured food product labeled "Keto" or "Keto friendly".
- Cook with real butter, never use margarine, shortening, or vegetable oils.
- Exercise daily, get more sleep, relax more, get more sun exposure, be good to yourself and think positive. If you can afford it buy organic foods and pasture raised grass fed meats and eggs, but this is not required.

