

TBR 30



**A 30 DAY CHALLENGE TO EAT RIGHT
JULY 1 TO 30, 2011**

T

TAKE CONTROL. Are you hungry? Grab a bite. Are you full? Drop the spoon and fork when you are satisfied, not too full. Plan your meals wisely so you'll be in control of what goes into your mouth and you are answerable only to yourself.

B

BE MINDFUL OF WHAT YOU EAT. Stop eating on the run (no pun intended) or tasting your kids' meals and taking a bite from your officemate's burger all day. Sit down at the dining table. Stare at your visually appealing food. And savor every morsel.

R

READ THE LABELS. You've heard this a hundred times before and I'll say it again. Choose raw, fresh food that actually come with no labels. Limit processed food. If you must eat them, choose the foods that have the least ingredients.

3

3 MAJOR MEALS: Breakfast, Lunch, and Dinner. Plus, 2 snacks. Add an additional snack after dinner if you wish.

0

ZERO STRESS over your weight. Zero pressure to stick to a strict diet. Zero guilt over mistakes or mess ups. If you slip, dust yourself off and eat properly in the next meal.