

Top 4 Tips

for sticking to your diet

Pick a plan

Picking a plan or eating style makes it easy to create a game plan and stick to a guide line.

STEP
01



rid your pantry

Toss out foods that don't fit within those guidelines. I like to get rid of anything with sugar, along with processed foods.



get your learn on

Pick out books in the eating style you're going to try.

Pro-Tip: Get ones that have meal plans. It makes it easier on you, and gives you the opportunity to absorb this new lifestyle.

STEP
02



picky shopper

Be choosy about which aisle's you wander down, especially if you know you have a weakness.

PRO-TIP: Stick to the outer aisles where the produce, meat, and dairy live.



Bonus tip

Get healthy snacks when you're grocery shopping.

Most books will include an "approved snack" section.

STEP
04

BONUS
TIP

