

# An “Ideal” Fat Loss Diet

## Breakfast

6 ounces of Salmon  
1 Serving of Nuts  
Acetyl L-Carnitine

## Snack 1

40 grams of Whey Protein  
2 Caps of CLA  
6 Caps of Fish Oil  
Alpha GPC (30 mins before the snack)

## Lunch

10 ounces of Organic Beef  
2 Servings of Vegetables  
Multi-Vitamin  
Vitamin D



## Snack 2

6 ounces of Chicken  
An Apple  
Multi-Vitamin



## Dinner

8 ounces of Turkey Meat  
3 Servings of Vegetables (Peppers, Onions, Lettuce, Broccoli, Okra, etc)  
½ Avocado

## Late Night Snack

Chocolate Flavored Protein Shake  
1 Piece of 85% Dark Chocolate  
6 Fish Oil Caps  
2 Caps of CLA



\*All Meals Taken with HCl Tablets and Digestive Enzymes  
\*\*Increase Carbs with Breakfast (organic apple) and Dinner (2 Sweet Potatoes) every Thursday  
\*\*\*Once a week, take a day off (Sunday)

Email [John@ThePsychologyOfFitness.com](mailto:John@ThePsychologyOfFitness.com) with any questions.

Visit the Article for more info: [www.ThePsychologyOfFitness.com/An-Ideal-Fatloss-Diet](http://www.ThePsychologyOfFitness.com/An-Ideal-Fatloss-Diet)

# Where You Should Start?

**1. Stop Comparing Yourself to Hollywood Stars, Athletes, Biggest Loser Contestants and Magazines – They Provide Temporary Fixes, Not Permanent Solutions**

**2. Figure out where you're at individually**

*Low Motivation, Low Skill*

**High Motivation, Low Skill – Most of You are Here**

*What this means is you need to learn the skills of progression. Big Jumps are NOT needed and are actually discouraged.*

*Simply Take on one New Habit every 2-4 weeks. Just one.*

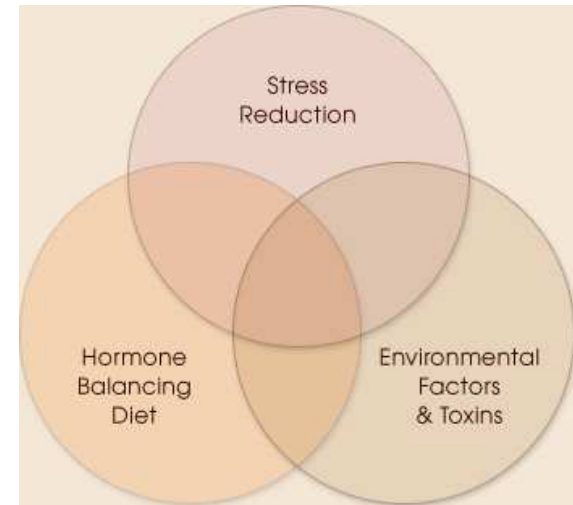
*By the end of the year you will have at least 13 new, Healthier Habits.*

*Low Motivation, High Skill*

*High Motivation, High Skill*

**3. You Start with Improving One Meal**

**1. Breakfast – Look at the Continuum and work your way down, no matter where you're currently at.**



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# It's All About Progress

## *Ideal Breakfast:*

6 ounces of Salmon and 1 Serving of Nuts

## **Breakfast Continuum – From Worst to Best** **Where are You?**



Bagel with Cream Cheese  
Pancakes and Syrup  
Sugary Cereal with Skim Milk  
Bagel with Peanut Butter  
Buttered Roll  
Bacon, Egg and Cheese on a Roll  
Bacon, Egg and Cheese on a Wrap  
Nothing  
High Fiber Cereal with Organic Whole Milk  
Oatmeal  
Protein Shake without any added CLA or Omega 3's  
Egg Whites with a Breakfast Meat with Homefries  
Egg Whites with a Breakfast Meat  
Protein Shake with Nuts and Piece of Fruit  
Egg Whites and Vegetables (Egg White Omelete)  
3 egg Omelete with Veggies  
3 Whole Eggs, 3 Egg White Omelete with Veggies  
Meat and Nut Breakfast (visit:  
<http://www.charlespoliquin.com/ArticlesMultimedia/Articles/Article/270/The Meat and Nut Breakfast.aspx>)



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