

Body Transformation Guide

Losing your first 5 pounds



Last week I asked the readers “What’s your ‘why’ for wanting to lose weight and get healthier?’ If you haven’t seen the dozens of powerful stories - go back and read them here (and answer the question yourself!).

I promised to introduce a 4-phase roadmap, for losing your next 20 pounds, broken down exactly in five pound increments.

What to do, what to eat, what habits to create and avoid, and how exactly to do it.

In today’s video I’m going to share the two daily habits you need to build momentum and lose the first five pounds.



Watch the video [here: https://www.youtube.com/watch?v=T9xcAVdaSco](https://www.youtube.com/watch?v=T9xcAVdaSco)

So What Specifically Are Some Meals?

Since one of the core principles I recommended was to eat at least 30g protein with each meal, here are some recommendations from recipe sites:

Breakfast:

[Yogurt Parfait](#)

[A 5 minute, chive-loaded omelet \(Add veggies!\)](#)

[Dr. Hyman's whole food protein shake](#)

Lunch:

[Grilled Moroccan Chicken](#)

[Delicious Turkey Meatballs](#)

Dinner:

[Perfect pork tenderloin](#)

[Sour cream chicken enchiladas](#)

[Baked salmon](#)

Like anything, these just serve as guidelines, if you aren't into any of these foods, test, tweak and alter them.

The point is to get the basic principles down - 30g protein with each meal. Just this one tiny nutritional habit for now.

Nutritional Habit #1:

Add 30g of protein to each meal.

Now, there are dozens of ideas and principles and tips and tricks I could've given you - but this goes against my entire philosophy here.

Pick a few things, and do them well. That's what results in long term health, incredible energy, pain-relief, and looking/feeling exactly how you want to look and feel.

If you're vegetarian:

Here's your habit instead, because getting 30g of protein in a meal is both difficult and unnecessary.

Emphasize a few things:

Make sure you're eating lots of vegetables, rather than lots of carbs - carbitarians get fat, fast, since the lack of meat usually makes them eat more carbs than normal.

Make sure you're eating whole versions of foods. If you're switching to a more vegetarian diet, make sure you're eating brown rice vs white rice, and whole wheat bread vs white bread. Better yet - if you want to lose weight quicker, try removing bread for a short period of time to see how you feel. Try brown rice or quinoa.

Other than these two principles, don't worry about the 30g of protein in each meal. If you're really stuffing down veggies (the right kinds), you won't have to worry about fullness, since you can pretty much eat constantly and never overeat on vegetables.

Habit #2:

In case you don't have your "why" yet, go back and watch this introductory video, and write down your "health and weight loss why."

This principle is simple, but is an incredibly powerful form of accountability.

Step 1 - write down your why. Yes, write it down - do NOT avoid this step.

Step 2 - read it once in the morning.

Step 3 - read it once at night.

That's it.

This does a few, not-so-magical (but incredibly awesome) things.

First of all, it makes you think about your goal every day. Imagine how much easier it would be to reach any goal you had set for yourself if you thought about it every single day?

Second, it makes you clarify what exactly it is you want, and what makes it so important to you.

Just like when you're walking down the aisle at your wedding, and you get all teared up - it's because of the why. The why is the powerful story behind your goals.

And if you truly discovered a powerful why for transforming your health, reading this every morning will resonate and give you chills.