

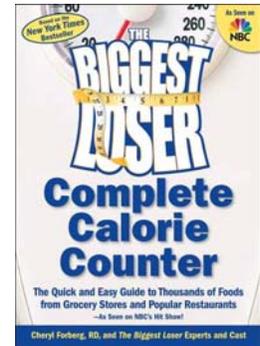
McNUTT'S WEIGHT LOSS PLAN

COUNTING CALORIES

Weight loss and weight gain is basic math (bummer). Calories are the fuel that our bodies run on; typically around a couple thousand a day (depending on height, weight, age). If we eat more calories than our bodies burn in a day, then they are converted to fat. 3500 extra calories equals a pound of fat. So if you eat 500 calories more a day than you burn, you'll put on a pound a week. By the same token, if you eat less calories than what your body burns in a day, your body burns fat stores to make up for the calorie deficit. So if you eat 500 calories LESS than you burn each day, you'll lose a pound a week.

The simple equation for figuring out how many calories you should eat in diet mode is your current weight multiplied by seven, with an upper limit of 2100 calories per day, and a minimum of 1050 calories per day. In other words, if you weigh 200 lbs, you would multiply that by seven and get an answer of 1400 calories per day in diet mode. If you simply count calories and do nothing else, you can expect to lose 1-2 pounds a week.

Use the weight loss journal to record how many calories you are eating. This is a great tool to become aware of what is in the food you are eating! If it doesn't have a nutritional label, then look up the food in a Calorie Counter book. This means literally measuring out what you are eating with measuring cups and/or food scales. It's time consuming, but worth the education! Another option is www.SparkPeople.com; you can type in what you are eating and the quantity, and it will tell you how many calories were in it. In addition, it provides menus, tips, exercise advice and more – and it's completely free!



SPENDING YOUR CALORIES

Your body functions at it's peak and burns the most calories in a day when there is a constant flow of food. In other words, get on a regular schedule of three meals a day and two to three snacks per day. Here are some bullet points:

- Divide your calorie allotment by four; three of those totals will be meals, the fourth is the number of calories to be used for snacks in between meals. In other words, if your daily allotment is 1400 calories divide that by four. The answer is 350; so your breakfast, lunch and dinner should be 350 calories per meal. That leaves 350 calories to use for snacks over the course of the day.
- Breakfast is critical to managing your appetite. If you skip it, you are far more likely to be over hungry later in the day and have a harder time controlling yourself.
- Regular eating makes your appetite controllable. You are not ravenous so you are less likely to have out of control portions and more likely to make good choices.
- Do NOT drink your calories!!! Liquids do not satisfy hunger, and we want to control appetite! Use your calories on food! Drink water and zero calorie drinks.
- There is no need to be hungry; eat the healthy appropriate portions of food that is good for you and then fill up on low calorie food like salad and vegetables.
- Find low calorie versions of the food you like and tell the rest of us about them on the forum! Together, we can find lower calorie versions of just about everything!

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HEALTHY EATING

For a healthy eating plan that gives our bodies what God designed them to need, you should be eating at a minimum each day (this is a minimum; for example, I probably have 10-12 servings of vegetables and fruit per day):

- 4-5 servings of vegetables and fruits.
- 3 servings of dairy (milk, yogurt, cheese).
- 3 servings of protein (red meat, chicken, fish, nuts).
- 2 servings of whole grains (multi grain bread, oatmeal, cereal).
- 8 eight ounce servings of water.

Do NOT avoid carbs. God created our bodies to need them, and if you cut out all carbs not only does it affect your energy level and mood, it sets you up to regain the weight even faster than you lose it. The long term consequences are not worth the short term rewards. However, change the carbs you are eating; they should come in the form of vegetables, fruit and whole grains. NOT processed, pre-packaged food or junk!

EXERCISE

The key to speeding up weight loss is adding exercise to the mix. Not only does exercise cause your body to run more efficiently, release hormones that improve your mood and control your appetite, it also increases the number of calories your body burns in a day, and for every 3500 calories you burn over what you are eating, you lose a pound. Adding half an hour of exercise a day, whether it's walking, jogging, the gym or whatever will most likely add another 1-2 pounds a week of weight loss to the 1-2 pounds of weight loss from counting calories. Doing an hour of exercise a day will most likely add 2-3 pounds a week of weight loss. Record your exercise on the food journal so you can keep track of what you are doing and how often. Keep upping the intensity of your workouts so as to burn the maximum number of calories during the time you have. If you want to lose ten pounds a week like I did on the Biggest Loser, you'll have to exercise about 12-14 hours a week!

EMOTION JOURNAL

For many, eating is an emotional issue. Some of us use food for comfort like others do with drugs and alcohol. I never even realized I was an emotional eater until I used this simple tool; in hind sight, I can't believe I was so clueless! Simply identify one time each day where you have a food craving but are not physically hungry. Write down the time, what you were doing, and your emotion. After a while you might notice some patterns; for me, I tend to be weakest later at night when I'm tired, stressed, upset and/or feeling depressed. Rather than try to condense a big subject into a few sentences, though, I suggest you download my talk on this subject from the audio page of my website.

ADDITIONAL RESOURCES

On my website you can download audio from my local weight loss group meetings where I explain in more detail the weight loss plan, as well as give tips and answer questions.