

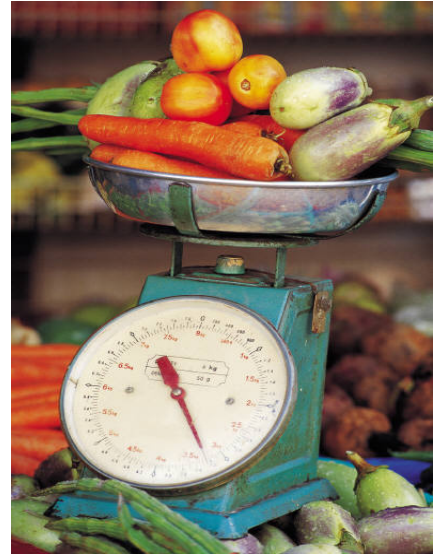
don't forget the rules!

As I am sure you are aware, there are many important rules that are associated with your Quick Loss Program, but do you know exactly why you need to follow these rules? Here are a few that are often overlooked even though they play a crucial role in helping you to achieve your goal weight:

Weighing Your Food

Weighing your food while you are on Quick Loss will not only ensure that you are getting enough to eat, as well as a correct balance of protein, carbohydrates and fats, but will also ensure that you are not overeating. Remember, rather than estimating your portion sizes, weigh your food using accurate kitchen scales as this will help you to reach your goal weight faster! Try

to plan ahead and save time by weighing out your raw portions, and then refrigerating or freezing them individually.



Protein First

Eating a mouthful of protein to start your meal will help to suppress the insulin release and therefore help you to feel fuller for longer. The reason for the slower release of insulin is that proteins contain no sugar and therefore have a Glycemic Index of '0'.

Variety

It is important to have variety in your daily meals so that you don't get bored or lose interest in the kinds of food that you are eating. Having variety also ensures that you are receiving adequate nutrition from your meals. If you don't vary your meals each day, this can contribute to your weight plateauing as your body is getting used to the food that you are consuming.

Cheese and Eggs Once a Day

The reason that eggs are limited is because it seems that some people can develop an intolerance if they eat them too often during the day. Eggs may also contribute to high cholesterol levels if they are eaten more than once per day. Cheese is limited because it has a relatively high fat content - we only recommend low fat dairy - and can therefore slow down weight loss if consumed too often. Cheese can also bind up the digestive system, causing constipation and therefore slow weight loss.