

# Chapter 16

## Summarizing My Nutritional Plan:

### *Getting the Ducks in Order*

Time to conclude my presentation on nutrition, diet, menus and associated matters. I've told you what I've seen, read and done and what works for me and those around me. And I've underscored what doesn't work. You might be scratching your head, mouth ajar, because I didn't lay out in exact order what you should do. Well, that's not fair and, so, I affix a few signposts and emphasize the distinct landmarks in the summary below.

I'm hoping that in pointing you in the right direction, I'm helping you to cut your own path. That's the only honest, practical and comfortable way to reach your goal. Exactness is for technicians; it's wearisome and stifles the creative spirit. Pursuit of a healthy weight, a strong body and a good life is continual. Adding to your years and subtracting from your plight is instinctive.

1. Be ready for lifestyle changes. If that scares you, think it over. Take your time, and adopt changes gradually. What are the consequences if you don't?

2. Those changes are to include exercise. My input on that feature of the plan is coming up shortly. I know... you've got the chills.

3. Make some tangible evaluation of your physical condition. At least the bathroom scale and a sense of your mass, strength and well-being. You need to make reference points for future observation.

4. Make a list of your average daily food intake. By your choice you must:

- Eat breakfast, however small.
- Begin to serve yourself smaller meals more frequently.
- Avoid long periods (more than four hours) without eating.
- Begin to trim down portion sizes.
- Lower the carbohydrate and simple sugar intake.
- Increase your protein intake.
- Avoid excessive saturated fat (skin on chicken, fat in meat).
- Avoid deep-fried foods.
- Supplement your diet with a high quality vitamin and mineral and antioxidant formula.
- Include essential fatty acids (EFAs).
- Limit alcohol intake.
- Increase consumption of water to two quarts daily.
- Limit salt intake.

5. Care for yourself by being productive and active daily to stifle stress and promote well-being. Productive activity is fulfilling, heightens metabolism and calms the mind.

6. Get plenty of rest.

7. Vividly and positively imagine your goals and progress.

I've alluded to the alterations you can effect with your diet. The application of these practices puts those changes in motion. Ridding yourself of the sugar, providing strong inputs of protein and eating controlled portions regularly are the major players. Time and the investment of the aforementioned habits are the playing field. You're the MVP. Exercise is the name of the game. Let's play.