

W8 Magic Diet Guide

Everyone is different, so we encourage you to eat a healthy diet that works for you and meets your goals. The following are some guidelines if you are looking to lose weight.

To maximize weight loss, limit your calories to 1250 calories per day, take your B-Epic supplements every day, and stick to the approved foods list. Also, do meal planning in advance and make sure you always have plenty of healthy food options on hand.

Eat a variety of healthy foods to ensure you get the nutrients your body needs; limit less healthy options or save them for special occasions; and be aware of portion sizes and total food intake. Aim to eat your first meal within 30-60 minutes of waking up, and stop eating 2-3 hours before bedtime.

Before you start your weight-loss journey, weigh yourself and take your "before" measurements and photo. Then weigh yourself at the same time of day every three days to help track your progress. Plus, every month, retake your measurements and photo so you can see your results.



How to Not be Hungry on the Diet

It is important to avoid feeling hungry as hunger causes the body to store fat and slows the metabolism. To help stave off hunger, eat protein with every meal, fill up on vegetables, and drink plenty of water. If you are hungry, drink more water, have a small snack, or sit down and eat without distractions. If eating low carb, you may need to eat more than you normally would in order to feel satiated.

Boost Hydration for Weight Loss

Aim for at least 8-16 cups per day spaced throughout the day based on your overall body weight. See chart below. Unsweetened tea and coffee are good too. Avoid soft drinks, sports drinks, fruit juice, milk, and alcoholic beverages.

Drinking sufficient water has been found to assist with weight loss, especially when consumed before meals. So, drink 2 cups of water before each meal. Also, drink a glass of warm water in the morning; it has a natural cleansing effect.

Body Weight (lbs)	100	120	140	160	180	200	220	240	260+
Water Intake (oz)	64+	72+	80+	88+	96+	104+	112+	120+	128+

Tips for Eating Healthier

- Keep healthy foods readily available.
- Remove unhealthy foods from your home.
- Don't shop for groceries when hungry.
- Never skip breakfast.
- Drink water throughout meals.
- Eat more fresh foods and whole foods.
- Start your meal with a salad.
- Include healthy protein with every meal.
- Choose foods with healthy fats.
- Snack on nuts, seeds, or colorful veggies.
- Choose good carbs such as whole grains.
- Eat fewer processed foods.
- Avoid anything fried, breaded, or creamy.
- Reduce saturated fat and trans fat.
- Cut back on salt, sugar, and sweeteners.
- Slow down and chew thoroughly.
- Eat on smaller plates.
- Do not eat while watching TV.

Dr Pomas The Magic Of Diet

Robert R. Redfield



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