



## PRACTICAL TIPS FOR BREAKING A STALL

1. Keep a food log and honestly evaluate portion sizes and timing. Keep track of every taste and bite.
2. Drink more water.
3. Eat more veggies.
4. Go dairy light.
5. Get more sleep.
6. Get the right amount of exercise.
7. Cut back on on plan bread.
8. Cut back on “personal choice” or “frankenfoods” to no more than 1 serving every 1-2 weeks. Examples include low carb wraps, Halo Top Ice Cream, etc.
9. Have up to 3-5 vegan or vegetarian meals per week. Things like beans and brown rice, lentil soup, split pea soup (no ham).
10. Use MCT on the daily - it’s a powerful metabolism booster.
11. Make the Secret Big Boys - the okra is super slimming.
12. Oolong tea helps your body burn 64 calories per serving.