KEYS TO SUCCESS

1. Strive for Consistency, Not Perfection
Let's face it, nobody is perfect, so when stuff happens and you fall off your plan, quickly recommit with your next meal. Don't let it become a regular thing. Success is nothing more that consistency over time.

2. Forget About Counting Calories
Always eat only until you're satisfied, not stuffed. If you follow the plan guidelines you will nourish your body with an abundance of nutrients that it will use to get you health and burn off the excess weight. This is far more important that how many calories you're eating.

3. Eat Consciously ONLY When Hungry
If you get in the habit of eating meals only, you will reduce the possibility of eating for reasons other than hunger. If you must eat between meals, eat fruit only. If you're consistently hungry before your next meal then your meals may not be well balanced. Each meal needs a balance of the three macronutrients (proteins, carbohydrates and fats). Try to always have some beans, nuts/seeds in your salad. Better yet, just follow the recipe guidelines because each meal is perfectly balanced.

4. Never Eat While Watching Television
Again, be mindful of the things you do. Eating while watching television is a recipe for overeating. So when you eat, focus only on eating. If possible, don't eat at your desk at work either. Take a proper meal break.

5. Forget About Snacking
I can't say it enough; eat MEALS. Eat as much as it takes for you to feel satiated and then wait until your next meal. It's hard to snack and not overeat because it is unnatural for your brain. Anytime you eat, your brain is expecting a meal, so if you stop before your stomach sends the "I'm full" signal your brain is still expecting more food. Again, this is a case of willpower vs. biology, in which case, biology almost always wins.

6. Limit Your Caffeine Consumption
One cup of coffee a day won't kill you but more than that can interfere with your health and weight loss goals. Remember, caffeine is a stimulant that often lead to poor sleep or sleep deprivation. This promotes overeating and disease.

7. Get 7-8 Hours of Sleep Every Night
In short, sleep deprivation leads to weight gain. Lack of sleep affects insulin, cortisol, leptin, ghrelin and other hormones. Cortisol stimulates the pleasure centers of the brain that loves sugar, which means your hunger and satiety hormones (ghrelin and leptin) are ignored when they signal your brain. Another case of willpower vs. biology. Biology wins.

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