

# The Rules.

## What Are The SlimPlanG Rules?

### **#1. Read and take action on your SlimPlanG Email**

**every morning.** Think of it as your health "to do list" for the day. The idea behind the Email is you don't even have to think about your daily health plan, all you need to do is read and do what it says. It's that easy! We suggest the "First Five" strategy. Every morning head straight to your Email and take the first five minutes to read and digest the information. Then, plan how you'll approach your health that day based on what it says and stick to it. Then boom, you're set for a healthy, slimmer you!

### **#2. Know Your Do Not Eat Foods.**

For the next six weeks eat only foods on the YES List. They are real foods. The food God intended you to eat and will bring life to your body. The Do Not Eat Foods are a big NO for the next six weeks. Make the decision right now you will say NO to the Do Not Eat Foods and YES to life-giving foods. Print out the Do Not Eat List and keep it somewhere you will see it every day. It's at the core of the SlimPlanG Diet.



**#3. Stick To Your Calorie Amount.** You'll be on one of two calorie plans: 1400 or 1600 calories. We don't necessarily count calories but we do base your Model Meals around an approx calorie amount. Before you start it's imperative to calculate your calorie plan which is based on your BMI.

### **Calculate your BMI now: BMI= 703 x weight (pounds) / height squared (inches squared)**

If your BMI is 25 or below then you're on the 1400 calorie plan. Follow the Model Meals on your Email.

If your BMI is 26 or above then you are on the 1600 calorie plan. Follow the Model Meals on your Email and add one 200 calorie snack between breakfast and lunch.

**#4. Follow Your Model Meals.** Every day on your Email you'll receive four Model Meals: Breakfast, Lunch, Dinner and Snack. Each main meal is ~400 calories and your snack is ~200 calories. The idea is that you can use this model aka the "perfect plate" anytime, anywhere. Make your meal at home, order when out or purchase on the go. It's easy for any type of lifestyle to stick to SlimPlanG. You'll learn more about your Model Meals as you read this Pak. But the main takeaway of this intro is Model Meals are central to your success on SlimPlanG.

**#5. Cleanse, Cleanse, Cleanse.** On SlimPlanG you'll do a mini cleanse every night. Don't worry - it's not scary. Just stick to 12 hours between your last bite of the evening and your first bite the following morning. For example, aim for your last bite of dinner to end at 8pm and your first bite of breakfast at 8am the next morning.

**#6. Get Your Body Moving, Six Time A Week.** Just a few minutes of exercise per day can do wonders for your body *and* mind. Yes, on SlimPlanG we focus mostly on your diet but we do have a quick but effective workout for you every day found on your Email daily. Schedule it in ( try for the morning) and get it done!

**#7. Journal Your Progress.** At the end of every day hop on your G:Journal and check off that you've completed your health "to do list." Then, if you have an accountability partner, email your notes directly from your G:Journal. Being accountable to someone (or yourself) over the six weeks will be incredibly important to your success.