FOOLPROOF DIET
MIND MAP

FOOLPROOF DIET

DRINK 64 OUNCES OF WATER DAILY
- Water is an appetite suppressant
- Water boosts the metabolism

EXERCISE
- Building muscle burns calories all day long
- Helps create calorie deficit for weight loss

CLEAN EATING
- Eat fruits and vegetables to get fiber and low calorie sustenance
- Lean Protein Sources (eggs, nuts, seeds, fish, etc.)
- No processed foods and limit starch and sugar

UNDERSTANDING YOUR DIET
- Start a food journal
- Track your diet
- Get rid of problem foods

SELF DISCIPLINE
- Integrate new habits slowly, one per week
- Plan your meals and address problem areas