

***RECIPE FOR
HEALTHY EATING***
An Eating Practice in True Love



True Love Must Be Priority

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***Reach and Maintain a Healthy Weight For Life!
Recipes Included!***

Welcome to my Eating Practice! This is a key part of My Life Practice, and I'm thankful and grateful that you are taking part in a Vision of more and more people having the opportunity to allow more and more "True Love To Be Their Number One and Only Priority" in this practical way of developing an eating practice!

As I invited you to adopt "The Life Practice of True Love As Priority" as your own, I also invite you to adopt this Eating Practice as your own. It's the body-focused part of The Life Practice. And of course, it is to be practiced with "True Love As Priority" too! Personally, I try to allow True Love to Reign over me, and Rule within me as I practice my Eating Practice. Remember in the "True Love Must Be Priority" CD's that in order for True Love to be real it must include: Body, Mind, and Soul. No one is exempt.

My Hope for You
Always remember throughout this booklet to Tap Into Your Inner-Child and enjoy. Have fun cultivating and developing your very own 'Eating Practice'. And by all means to have fun and more fun, ok? Many Smiles to all of you...

For those of you who have not listened to the "True Love Must Be Priority-Secrets Revealed" CDs, or watched the DVD "Digging Deeper-Behind The Scenes: True Love Must Be Priority-Secrets Revealed", I highly recommend that you do so before reading and studying this booklet. **IN FACT, I RECOMMEND THAT YOU LISTEN TO THE CD'S AND GO THROUGH THIS EATING PRACTICE BOOKLET SIMULTANEOUSLY. THEY WORK BEST WHEN THEY ARE USED SYNERGISTICALLY TOGETHER: OK? THIS WILL ALLOW FOR YOU TO BE MOST EFFECTIVE AND EFFICIENT IN MAXIMIZING YOUR POTENTIAL FOR SUCCESS IN DEVELOPING A LIFELONG EATING PRACTICE OF YOUR OWN!** I will presume that

you are most prepared in this way, Ok? Smiles... And keep in mind, if you'd like, you may adopt My Eating Practice as your own.

Intro

This is the Start of My Eating Practice! I'm going to share it with you in what I call a Coaching Style. I have found this style to be most helpful to me in allowing True Love To Be My Number One And Only Priority. It's worked for me and I'm confident it can work for you if you are open and willing to adopt My Eating Practice! If you do choose to adopt My Eating Practice I ask that you allow me to coach you through this 'Booklet' so that you not only will get more than your money's worth, but also have the most fun with it. This is a practical booklet, so don't be surprised to see assignments! And always remember, as you read and study this Eating Practice Booklet, you only get out of something what you put into it, Ok?

Also, keep in mind this booklet is designed to help you not only in maintaining, gaining, and shedding weight, but also by giving you much needed emotional support. The majority of this booklet is focused on either assisting you in maintaining or shedding weight. I would like to ask you at this time to figure out what your goals are. Do you wish to maintain or shed weight?

If you are open, this coaching style can assist you, help inspire you, and motivate you, as you cultivate and develop your skill in practicing your very own Eating Practice. As YOUR COACH, I OFFER SUPPORT TO YOU. I OFFER A CHALLENGE TO YOU. I OFFER HELP TO YOU. I OFFER ENCOURAGEMENT TO YOU. I OFFER GUIDANCE TO YOU. I OFFER DIRECTION TO YOU. I OFFER TO REMIND YOU. AND, FINALLY I OFFER TO TRAIN YOU! I hope that you are FULLY OPEN AND WILLING TO BE COACHED! One of the biggest keys to your success is your attitude. Stay in touch with YOUR INNER-CHILD. Delight in your imagination, wonder, and creativity! Dare to dream! Look for tips and insights whenever you see "COACHING" next to a paragraph throughout this Eating Practice Booklet. Smiles...

You'll also find helpful sayings, personal insights, recipes, and other Food for Thought designed to question you, encourage you, inform you, motivate you, challenge you, and guide you! Smiles...

This practices involves some basic math. But don't worry, I've worked out examples of all the particular calculations you'll use. I used arbitrary weights so that you can see how to figure

Get Ready!

We are approaching the Runway and we're about to Take Flight! Have fun with this: Ok? Many Smiles...

Preparation for the Eating Practice

I'm going to ask that you put on what I call, Your "Inner-Child Wonder Cap" as you proceed with this Eating Practice Booklet. This is something you're going to see a lot throughout booklet. Tapping into your Inner-Child is really wonderful and can allow for you to experience more creativity, wonder, and imagination in your life! It's invaluable to sticking with your practice.

out certain calculations, Ok? Feel free to plug in your specific weight at any time so that you may get the most out of this booklet. Using these calculations will go a long way in helping you reach your target weight. Again, this booklet is geared toward shedding or maintaining weight. If you are looking to gain weight I suggest you consult a Weight Gain Specialist to help you, Ok?

As YOUR PERSONAL COACH I ask that you READ AND STUDY this Eating Practice Booklet in its entirety. I also ask that you start this Eating Practice Booklet along with the CD's-"True Love Must Be Priority-Secrets Revealed!" I ask that you read and study this Eating Practice Booklet everyday for the first 30 days of your Life Practice (the 30 days in a row CD's; this Eating Practice Booklet; and the DVD-"Digging Deeper Behind the Scenes of My Life Practice")! This is asked of you, not only for you to get all your money's worth, but also so that you may be well equipped to start your very own Eating Practice, Ok? It takes time to make a life change. Practicing this for 30 days straight is a great way to truly own these practices.

As your personal coach, I also ask that you try all the calculations that are given in this booklet. You may not like math, I understand! But, putting forth An Honest All Heart Effort in trying the calculations may allow for you to be able to get the most out of this booklet, Ok? Smiles...

REMINDER: This booklet is a template to help you get your personal Eating Practice started. As you study this and plan your practice, stay tapped into your inner-child. In doing so, I am inviting you to soar with me like an eagle. What I mean, is that by tapping into your inner-child and your imagination you will be filled with all the creativity and strength you need. Put forth an honest all-heart effort to allow True Love To Be Priority with your Eating Practice. Trust your Life Practice and enjoy!

To Begin

As your personal coach, I encourage you to get a notebook. You can either use your journal from the CDs or another notebook. You'll need to keep this notebook handy, okay? And, always remember, as part of your Life Practice your Eating Practice should be practiced with An Honest All Heart Effort. Now, let's begin. First I need for you to write down at the top of a piece of paper in the notebook, "The Start Of My Eating Practice!" Now, underneath that, write down what you eat on any typical day, Ok? Write it on the very first page of your Eating Practice. It's very important for you to know what you have been eating so that you can compare it to what you will be eating soon with your Eating Practice. Ok! I welcome you with open arms to My Eating Practice, soon to be Your Eating Practice! Smiles . . .

Food For Thought

You can have two people that go on a Roller Coaster Ride. One may tighten up, squinting their eyes, tightening their whole body, and cringe with fear. The other may be open and willing to 'Relax And Enjoy' the entire experience and let go allowing their whole body to feel the excitement, with eyes wide open with childlike-wonder, and tingle with energy.

It Starts With a Decision

Where do you want to go with your Eating Practice? A decision needs to be made. For example: Are you interested in maintaining, gaining, or shedding weight? Choose one. Make a decision to commit to your Eating Practice as part of Your Life Practice for thirty days in a row without missing a day, Ok? Make a decision: A Core-Choice, either to maintain, gain, or shed weight, Ok? You know where you have been, and where you are now. But where you want to go is still to happen! Got your notebook handy? You can use the same notebook that you are using as a journal for your Life Practice of True Love Must Be Priority! Go ahead and get it now, Ok? I will wait...Smiles...

Write it down

You now have your notebook, right? On the next clean page, write at the top "Daily Caloric Intake." In a minute you'll be figuring out exactly how many calories you need to maintain your body weight if you only recline and rest all day. For here, based on your goals, you'll be able to figure out how many

Caffeine and Nicotine

How much Caffeine and Nicotine are you ingesting? As your coach, I suggest you cut back your caffeine consumption by at least half, during these first 30 days. And, if you are having trouble sleeping, cut it out all together. There is no doubt that you will find this hard! As your 'Coach' I am not going to promise you that any of this is going to be easy. Anything that you put in your mouth is a part of your Eating Practice. But, keep in mind that you must choose to cultivate and develop your Eating Practice. You may want to ask yourself some questions at this time, like: Am I exposed to any other known toxins? As your coach, I suggest that you evaluate and re-evaluate all the toxins you are exposed to.

calories you need for a day. You will also be asked to list what and how much you eat each day along with the time you eat it for thirty days straight. The idea here is for you to keep track of a) How much you are REALLY eating. b) When you are eating. And finally, c) What you are eating. This record is very important! It will become your Eating Practice guide, helping you cultivate your Eating Practice skill. By making this a daily practice, your skill will increase and soon you'll have a very developed Eating Practice! Welcome to the runway. You're about to take off! Many Smiles...

Food For Thought

If you Focus the rays of the sun with a magnifying glass, you can start a fire! FOCUS! FOCUS! FOCUS!

REMINDER: This is your Eating Practice, You CAN DO IT! If you Focus the rays of the sun with a magnifying glass, you can start a fire! FOCUS! FOCUS! FOCUS!

Let's Start With Maintaining Weight

Now if you would like to stay where you are and not gain or lose weight then you can start by figuring out your RMR (Resting Metabolic Rate). Resting Metabolic Rate is the amount of calories you need to maintain weight with no physical exertion. In other words, when you are resting or reclining.

To find the Resting Metabolic Rate use two arbitrary weights, one for Men and one for Women. There are three different formulas for finding your RMR.

FINDING YOUR WEIGHT IN KILOGRAMS:
 $\text{lbs} / 2.2 = \text{kilograms}$

ROUGH ESTIMATE:

RMR (Resting Metabolic Rate)= $24 \times \text{Weight in Kg} \dots$
 $24 \times 100\text{Kg} = 2400 \text{ approx. kcal/day.}$
 $24 \times 71\text{Kg} = 1700 \text{ approx. kcal/day.}$
(Marks; Marks; Smith, Pg. 8)

OWEN EQUATIONS:

(RMR): Women = $795 + (7.18 \times \text{weight in kg})$
(RMR): Men = $879 + (10.2 \times \text{weight in kg})$

Women: $795 + (7.18 \times 100\text{Kg}) = 1513 \text{ kcal/day: Approx. } 1500 \text{ kcal/day.}$
Women: $795 + (7.18 \times 71\text{Kg}) = 1304.78 \text{ kcal/day: Approx. } 1300 \text{ kcal/day.}$
Women (You): $795 + (7.18 \times \text{Your Weight in Kg}) =$

Men: $879 + (10.2 \times 100\text{Kg}) = 1899 \text{ kcal/day: Approx. } 1900 \text{ kcal/day.}$
Men: $879 + (10.2 \times 71\text{Kg}) = 1603.2 \text{ kcal/day: Approx. } 1600 \text{ kcal/day.}$
Men (You): $879 + (10.2 \times \text{Your Weight in Kg}) =$
(Marks; Marks; Smith, Pg. 8)

TIP: Do we have our 'Inner-Child Wonder Cap On'? I hope so...have fun with this ok...enjoy...

If you would like to be more exact, use the next equations by Harris and Benedict. You only need to plug in your respective weight in kilograms, height in centimeters, and your present age. Smiles...

FINDING YOUR HEIGHT IN CENTIMETERS:

$\text{in} \times 2.54 = \text{cm}$

HARRIS and BENEDICT EQUATIONS:

RMR (Resting Metabolic Rate): For Women = $655 + (9.6 \times \text{Your W/kg}) + (1.8 \times \text{Your H/cm} (.3937\text{inch})) - (4.7 \times \text{Your Age}) = \text{Your Resting Kcal/day.}$
RMR: For Men = $66 + (13.7 \times \text{Your W/kg}) + (5 \times \text{Your H/cm} (.3937\text{inch})) - (6.8 \times \text{Your Age}) = \text{Your Resting Kcal/ day.}$
(Marks; Marks; Smith, Pg. 8)

Now that you have your Resting Metabolic Rate, you are on the road to getting where you want to be. If you would like to maintain your weight right now and you pretty much rest or recline all day, then consume the number of calories to maintain your respective Resting Metabolic Rate (RMR).

Creativity

Be creative with your Eating Practice, Ok? Use your imagination! Allow yourself to be filled with Wonder! Be childlike! Be Curious! Enjoy it! Create! Dream! ENJOY THE PROCESS...

You May Be Working Out Too Much!

SOMETIMES WHEN WE THINK OF MAINTAINING, GAINING, AND ESPECIALLY SHEDDING WEIGHT WE THINK WE HAVE TO WORKOUT AROUND THE CLOCK. BE CAREFUL, OK? IT MAY BE BEST TO ADJUST YOUR EATING PRACTICE IN SUCH A WAY SO THAT YOU CAN REST MORE! REST IS SO, SO, IMPORTANT. YOU NEED IT! IT HELPS YOU TO ENJOY EVERYTHING YOU ARE DOING MORE AND MORE. BE SURE TO REST: OK? If something is stopping you from resting, and resting well everyday, you need to find out why: Ok? SMILES...

Now if you do any kind of physical exertion you need to ingest more calories. Select your activity level and multiply the factor times your hourly RMR times the length of time you do the activity. Here is a guide:

**Table 1
Typical Activities with Corresponding Activity Factors**

Activity	Activity factor per hour
Resting: sleeping, reclining	1.0
Very light: seated and standing activities; driving, laboratory work, typing, sewing, ironing, cooking, playing cards, playing a musical instrument	1.5
Light: walking on a level surface at 2.5-3 mph, garage work, trades, carpentry, restaurant trades, house cleaning, golf, sailing, table tennis	2.5
Moderate: walking 3.5-4 mph, weeding and hoeing, carrying loads, cycling, skiing, tennis, dancing	5.0
Heavy: walking uphill with a load, tree felling, heavy manual digging, mountain climbing, basketball, football, soccer	7.0

(Marks; Marks; Smith, Pg. 9)

Now that you are clear on how to do all of the conversions... Use them all! All of the tables shown earlier are guides for you: To help you decide where you want to be!

Keep a Notebook

Be sure to write in your notebook at this time what your activity levels are: Ok?

REMINDER: Be creative with your eating practice: Ok? Use your imagination! Allow yourself to be filled with Wonder! Be childlike! Be curious! Enjoy it! Dream!

Enjoy Your Practice

Your Eating Practice is just that-a practice. So work and re-work it everyday. Now that you know your Daily (24 Hour Rate) Resting Metabolic Rate put this number at the top of your notebook page. You now are ready to start customizing your very own Eating Practice based on what you are personally trying to accomplish.

Examples

The next examples given are for maintaining, gaining, and shedding respectively...Although...This Booklet focuses on maintaining and shedding weight: Gaining weight will be touched on very little. Smiles...

To Maintain Your Weight

Maintaining weight sounds easier than shedding, right? But it can be challenging too! Otherwise no one would struggle to keep the weight they shed off! The first thing you need to do is to determine what your activity level is. If you aren't very active then you can use your Resting Metabolic Rate to approximate your Daily Caloric Intake for the day. Simple enough, right?

Now, if you are active, moderately active or extremely active go back to the Table 1 and determine what best describes your activity levels. Remember the activity factors are to be multiplied by your hourly caloric rate (found by dividing your Daily Resting Metabolic Rate by 24). For example if you are 100kg, then your hourly rate will be 24 (hours in a day) X 100kg= 2400kg divided by 24 hours. Take 2400kcal/day and divide it by 24. This will give you 100 kcal/Hour.

If you are 71kg (or plug your weight in here in kg: Ok?), then your hourly rate will be 24 (hours in a day) X 71kg=1604kcal/day. If we divide 1604kcal/day by 24 hours in a day we get 71kcal/hour. Of course a quicker way to do this (for those of you that are like me and are not liking math too much) is convert your weight into kilograms. Your weight in kilograms is a rough estimate of what your 'Hourly Caloric Rate' is. Smiles...

Patience

It takes time to shed weight, gain weight, and/or maintain weight. There is a skill to it. My hope for you is that you will cultivate and develop your Eating Practice more and more.

For example, let's use the Resting Metabolic Rate of the 222lb person that was calculated earlier, Ok? Using the Rough Estimate of the calculation of the RMR, to maintain the weight of 220lbs or 100 kg one would need to ingest 2400 kcal/day. Right?

If you do not see this, you need to go back and start over with this booklet ok? If you do see this let's move on.

REMINDER: You have to burn 3500 calories to lose 1 pound of fat.

The next thing you need to do is to determine your activity level. Let's say your activity level is light for one hour per day, Ok? Let's say that you walk 3-4 mph for one hour per day. Walking is light activity and increases the hourly RMR by 2.5 times. So then you need to take your RMR and divide it by 24. In this case it would be 2400kcal/day divided by 24 hours in a day = 100kcal/Hour. Then, you need to multiply your hourly 'Resting Metabolic Rate' by 2.5 this will give you 250 kcal. In the case of the person who is 220lbs or 100kg how many additional calories per day would they need to compensate for the hour of light walking and maintain their body weight?

They would need 100kcal/hour X (Table: Factor for light work) 2.5 = 250 + 2400= 2650 kcal/day to maintain their body weight for the day.

Don't Panic . . . Use Approximations

Now it starts to get a little more complicated when we do all types of activities of various degrees throughout the day. Your range can be 1 hour of light, two hours of moderate, and 4 hours of very light. This can be another reason why it seems like children can consume so much and not gain a single pound. Besides, a child's body is still growing, and a lot of times their activity levels are much more varied.

REMINDER: Creating your very own Eating Practice is a choice. This is your choice. Enjoy it: Ok? There is power in the choice! Smiles...

The Master Three

What is a healthy portion size? (This is the most important of the three to be considered) What kinds of different foods do we need to eat during the course of a day? And, finally when do we need to eat these foods for the most effective-efficient-maximizing-potential-use-of-the-food-for our bodies? What, how much, and when we eat may affect how much sleep, and the quality of our sleep.

How Much Should I Eat?

A healthy portion size is determined by your total Daily Caloric Intake needs. If for example you are 220lbs or 100kg, you get 2400 kcal/day to ingest to maintain your body weight, providing you are only resting or reclining. If you have physical exertion, you will need to increase your Daily Caloric Intake, otherwise you will shed weight.

When you think of portion size for a person who is 100kg, you can think of it in terms of an Hourly RMR Caloric Intake of 100 kcal/hour, or a Daily RMR Caloric Intake of 2400 kcal/day, or even a Weekly RMR Caloric Intake of 2400kcal/day X 7days= 16800kcal/week.

Now, what do we nourish ourselves with hourly or daily to maximize potential benefit? How much do we consume at any given time? When or how often do we consume what it is that we consume? You may have other questions too? The questions provided here are only to get you started with your Eating Practice.

Why it matters what you eat

Table 2

Caloric Content of Dietary Components

Carbohydrate	4kcal/g
Protein	4kcal/g
Fat	9kcal/g
Alcohol	7kcal/g

(Marks; Marks; Smith, Pg. 4.)

Portion Size

You would think that it would be easy to maintain weight, right? But, if you don't have much activity, then you only need to maintain your Resting Metabolic Rate. In the case above it, that would be just 2400 kcal/day. So why is it sometimes so difficult to maintain weight? The culprit is portion size. Also, when and what you eat.

True Love As Priority

This Eating Practice is Initiated, Established, and Sustained & Maintained in and through True Love As Your One and Only Priority. This is why I highly recommend that you keep your food journal while listening to the CD's (True Love Must Be Priority-Secrets Revealed) for 30 days straight! When you do this, your focus begins to shift. You'll begin to realize more and more that your Eating Practice fluctuates according to what kinds, and how much physical & mental exertion, stress, and rest, YOU CHOOSE TO HAVE in your life.

Let's pretend that your RMR (Resting Metabolic Rate) caloric intake is 2400kcal/day. That means that you have to come up with 2400 kcal/day of food. What food should you eat? When should you eat? What portion size of different kinds of food should you eat? Let's take a closer look at what your body needs. Use this only as a guide. Do diligence. RESEARCH. RESEARCH. RESEARCH.

So we have our example from earlier of 2400kcal (Put your kcal here: Ok?) for the day to use. Let's pretend that we get up at 7:00 a.m. and we go to bed at 10:30 p.m. ok? How many hours is that? Fifteen and a half hours, right? Well, we could divide 2400kcal by 15.5 to get our hourly Caloric Intake for the 15.5 hours that we are awake, right? That gives us approximately 155 kcal/Hour for 15.5 hours. So we could eat 155kcal for fifteen hours and 78kcal for the thirty minutes between 7 a.m. & 10:30 p.m. When you break it up into hours it seems like a lot right? I mean you can eat something literally every hour on the hour if you wanted too! Smiles...

Example

To maintain your present weight use creativity in figuring out whether or not you are being most efficient and effective maximizing potential with all food group possibilities. For example, let's say that you

weigh 155lbs or approx. 71kg. I suggest at this time you put your weight in here, Ok? Remember to convert it to kg. Now, if we approximate (Rough Estimate) for our imaginary person (Male or Female) their RMR (Resting Metabolic Weight) comes to $24 \times 71 =$ approx. 1700kcal/day. You have probably noticed that the Rough Estimate sometimes gives you more calories for the day. It is...a rough estimate. Smiles...

If you would like to be more exact use either the Owen or Harris and Benedict Equations, ok? The Harris and Benedict equations are probably the most accurate. They take into

consideration your height, weight, and age.

Now, we could use the Harris and Benedict but I don't know your height or age. So why don't we use the Owen equation, Ok? Smiles...

For A Woman

$$795 + (7.18 \times (155\text{lbs} - 71\text{kg})) = 1304.78 \text{ or} \\ \text{Approx } 1300\text{kcal/day}$$

For A Man

$$879 + (10.2 \times (155\text{lbs} - 71\text{kg})) = 1603.2 \text{ or} \\ \text{Approx } 1600\text{kcal/day}$$

Now remember that this is the approximate 1300kcal/day (RMR-Resting Metabolic Rate for 24 hours) for a woman weighing 155lbs or 71kg who reclines or rests all day. This is what we have to work with. So what do we do? We can do what was discussed earlier and eat something on the hour every hour for the times that we are awake from 7 a.m. to 10 p.m. This would give us 1300 divided by 15 = 87kcal/hour. What could we eat with 87kcal/hour? Use your imagination ok? Would you want to do this? Now keep in mind that if you do any type of physical exertion at all you can add to your Daily Caloric Intake. The intensity of physical exertion will determine how much. For now we are going to say that your activity level is Very Light (1.5) for 8 hours of the day, ok? So first we need to convert our RMR of 1300kcal/day into an hourly rate. $1300\text{kcal/day}/24\text{hours} = 54.16\text{kcal/hour}$. Now if we worked for 8 hours at a very light physical exertion we multiply our hourly rate of $54.16\text{kcal/hour} \times$ (factor very light) $1.5 = 81.25\text{kcal/hour}$. Then we multiply $81.25\text{kcal/hour} \times 8 = 650\text{kcal}$ to get calories needed for 8 hours of very light work. We now add our 8 hours of very light work to the 16 hours of resting. $650\text{kcal} + 16$ remaining hours of day (24 hours in day) $\times 54.17\text{kcal/hour}$ of day = 1516.7kcal/day . New 'Caloric Intake For the Day' = 1516.7kcal/day . How are you doing so far? Smiles...

Anyway...Let's move on ok...

Be Patient, It Takes Time

Remember, you have to cut out 3500 calories before you shed 1 pound of fat. Wow! That means in order to shed one pound a week you must shed on average five hundred calories a day for seven days. But remember to be patient with yourself, Ok? You may say, "Aren't we talking about maintaining weight still"? Yes we are! I just wanted to see if you were paying attention: Or if I could throw this trivia in here...I thought maybe you would find it interesting. I hope...I hope... Smiles...

Choices

What could you have for each hour that you are awake? You could have some Yogurt (150kcal), two cups of Skim Milk (160 kcal), thirty-nine grams of protein (Protein 39g X 4kcal/g=156kcal), thirty-nine grams of Carbohydrate (Carbohydrate 39g X 4kcal/g=156kcal), Approximately seventeen grams of fat (Fat 17g X 9kcal/g=153kcal), Or approximately twenty-two grams of alcohol (Alcohol 22g X 7kcal/g=154kcal). Question? Would Eating these foods on the hour every hour be the most effective and efficient way to maximize potential of your Eating Practice? Probably not, right? Although, if you are having real trouble with maintaining your weight, you may find it helpful to eat more often in the first 30 days to get use to eating SMALLER PORTION SIZES? Smiles...

Your First Assignment

WHAT IS YOUR RMR (RESTING METABOLIC RATE)? MAKE A DECISION 'NOW' TO SHED; MAINTAIN; OR GAIN. Now if you do any kind of physical, mental, or emotional exertion you need to ingest more calories. Here is a guide: Use this Table 1 to figure out your activity levels and put them down in your notebook, Ok? Now, multiply your exertion factors by your Hourly Resting Metabolic Rate, Ok? For example, if your work is a 1.5 factor and you work for 8 hours; then multiply your Hourly Resting Metabolic Rate by 1.5. Multiply this by the 8 hours that you worked at this factor. Any other activities do the same way. Now subtract all the EXERTION hours from 24 hours in a day. Take the hours you have left and multiply them by your Hourly Resting Metabolic Rate and add them to your 'EXERTION' hours. This is your Total Daily Caloric Intake For The Day! If you are trying to maintain your weight, then this will be your Daily Caloric Intake. Write this at the top of your Notebook.

Shedding or Gaining

Now if you want to shed or gain weight project the weight of where you would like to be and figure out your RMR for that weight. Let's say that you would like to shed 30 pounds, Ok? You presently weigh 170. Your 'New Shedding Daily Caloric Intake' will be based on the RMR for the weight of 140 pounds. So you divide 140lbs by 2.2lbs to get your weight in Kilograms, Ok? Then you can use one of the formulas mentioned earlier. Or you can use the Rough Estimate Calculation, which is 24hours/day X 64kg=1536kcal-RMR/Day. Your hourly RMR is 64kcal too: Your weight-140lbs in kilograms-64kg. So, now if you recline and rest all day you are allowed 1536 calories

per day! If you recline and rest all day and ingest 1536 calories you will be on track to reach 140lbs or 64kg. But, do keep in mind, if you want to lose up to 2 pounds per week on average until you reach 140lbs, you will need to figure out RMR and ALL EXERTIONS with where you are now, and make sure you are cutting out 7000 calories per week, Ok? Keep in mind, that it takes cutting out 3500 calories per week just to SHED ONE POUND OF FAT! SO IF YOU WOULD LIKE TO SHED 2 POUNDS YOU NEED TO CUT OUT 7000 CALORIES, Ok? Also, if you would like to continue to shed the maximum of 2 pounds recommended scientifically, you will need to re-calibrate weekly. (Marks; Marks; Smith pg. 10) Does that make sense? Now, if you do any exertion you can add to the 1536kcal.

Table 1 (Second Reference)

Typical Activities with Corresponding Activity Factors

Activity	Activity factor per hour
Resting: sleeping, reclining	1.0
Very light: seated and standing activities; driving, laboratory work, typing, sewing, ironing, cooking, playing cards, playing a musical instrument	1.5
Light: walking on a level surface at 2.5-3 mph, garage work, trades, carpentry, restaurant trades, house cleaning, golf, sailing, table tennis	2.5
Moderate: walking 3.5-4 mph, weeding and hoeing, carrying loads, cycling, skiing, tennis, dancing	5.0
Heavy: walking uphill with a load, tree felling, heavy manual digging, mountain climbing, basketball, football, soccer	7.0

(Marks; Marks; Smith, Pg. 9)

Do Your Research!

At this time, I recommend that you research on the Internet or try other resources to find out how much water you should drink each day!

SUGGESTION: TAKE A BREAK! Have a cup of White Tea or Green Tea or a cup of Skim Milk as what I call a Mini-Meal! If you have some Skim Milk be sure to write down Skim Milk, 80 cal and the time, Ok? My favorite two teas right now are BERRY-ANTI-OXIDANT (Organic Rooibos Leaf, Organic Hibiscus Flower, Jiao Gu Lan, Natural Boysenberry Flavor, Organic Gotu Kola, Organic Siberian Ginseng (Eleutherococcus senticosus), Acai Berry, Organic Blueberry Flavor, Goji Berry, Coffee Berry, Organic Raspberry Flavor, Organic Elderberry, Stevia Leaf; and MEXICAN SWEET CHILI (Organic Licorice Root, Organic Cocoa Shells, Orange Peel, Organic Ginger Root, Organic Fennel Seed, Organic Anise Seed, Organic Cinnamon Bark, Natural Tangerine Flavor, Natural Orange Flavor, Organic Cardamom Seed, Organic Clove Bud, Organic Cayenne, Organic Black Pepper). Enjoy! By the way, How much WATER have you had today? Smiles...

Side Note: I am available for COACHING to MAINTAIN OR SHED WEIGHT! Many Smiles... Check the Website for Coaching, Ok www.TrueLoveMustBePriority.com ...or you can wait until I visit a City near you and see me LIVE!

Be Creative
Be creative with your Eating Practice, Ok? Use your imagination! Allow self to be filled with Wonder! Be childlike! Be curious! Enjoy it! Create! Dream!

When To Eat

Now that you have your New Daily Caloric Intake for the day, what do you do now? We could eat something on the hour every hour, right? We have approx. 100kcal/hour for 15 hours which gives us 15 (hours awake) X 100 = approx. 1500 or 1516.7. I do like the possibility of eating on the hour every hour for the fifteen hours that I am awake during the day. Although, I don't know about you, but eating every hour on the hour is a little difficult for me, so I would

rather eat between 6 to 10 times per-day. What? Did I hear you say something? Smiles... Are you accustomed to eating 3 squares a day?

Do we have our 'Inner-Child Wonder Cap On'? I hope so... have fun with this ok...enjoy...

Smiles...Remember we have our Inner-Child-Wonder-Cap-On, right? We can choose to eat more often if we like, can't we? There is Power in the Choice. We are cultivating Self Autonomy. Wow! Smiles... Do not fret, ok? You are not going to get into trouble if you eat more than 3 to 4 times a day, ok? By the way, I do count snacks (Mini-Meals) as eating times! Smiles...

Thinking It Through

Now let's say that you choose to eat 8 times a day, ok? And your Daily Caloric Intake including physical exertion is RMR (Resting Metabolic Rate) 1300kcal/day + 216.7kcal/burned = New 'Caloric Intake For the Day' = 1516.7kcal/day. We now have 1516.7kcal/day divided by 8. This gives us approx. 190kcal/time we choose to eat, right? So, 190kcal is a lot better than 100kcal isn't it? You may say at this time, but John Matthew I would rather eat 3 times a day and have more calories for those three times: Right? I mean...John talk about choices...my choices are limited in what I can eat if I only have 190kcal. I would rather have 1516.7 divided by 3 = 510kcal/time I choose to eat. Or have 150kcal to use for Breakfast, and approx. 575kcal for lunch, and finally 800kcal for dinner. Does that make sense John Matthew? I applaud you! Keep thinking: Ok? Let's continue on...Smiles...

Food For Thought

It is not uncommon for a person to consume 1500 or more calories in one meal. This is why often times it seems so easy to gain, gain, and gain more and more weight, right? I suggest that you give some thought to Portion Size right now, Ok? Smiles...

Let me ask you a question, ok? Why don't we think of other ways we could do it: Ok? I mean...we have our "Wonder Cap" on, right? How about if we eat 5 times using approx. 400kcal: And the remaining approx. 1120kcal we use for those 3 major times we eat? What does that give us? It gives us approx. 1120kcal for the three times = 1120remaining kcal/day divided by 3 = approx. 385kcal: And it gives us 400kcal divided by 5 (minor times we eat) = approx. 80kcal/(minor times we eat). We could use approx. 320kcal/mini-times we eat: And use the remaining1200kcal for the 3(Major times we eat) but break it up differently. We could use 200kcal for breakfast, 300kcal for lunch, and the remaining 700kcal for dinner.

And then we have the choice of using all 1520kcal in one meal! Why wouldn't we want to do that? I think you get the idea, right? You may say, "Why John, would I want to eat more often?" You may not...Smiles...Remember earlier in the booklet I mentioned to you that you could adopt my Eating Practice? You may not want to, right? The important thing to keep in mind is that you have the choice. BE CREATIVE: ALLOW TRUE LOVE TO HAVE ITS WAY WITH YOU, OK?

My hope for you is that you create an Eating Practice that makes sense to you.

Short Cut

If you are not interested in doing any calculations or figuring out an Eating Practice for yourself, but you are really interested in shedding, gaining, or maintaining your weight successfully, I suggest hiring a coach, weight specialist or some other type of trainer to help you.

Second Assignment First Part

At this time you may want to search the Internet and find out how much water should you be drinking per day. Are you taking notes so far? Write down what you are thinking and feeling so far, Ok? Have you made a decision yet to shed, gain, or maintain weight? Go back now to where you figured out Your Daily Caloric Intake. What is your Daily Caloric Intake for what you have decided? Write this down at the top of the paper in your notebook: Ok?

Second Part

Read a popular health book on Eating Practices. See your Physician. See an Eating Practice Guru: Or just give more thought,

imagination, and wonder to your Eating Practice. Smiles...And Remember...Do diligence. RESEARCH. RESEARCH. RESEARCH.

Now eating 6 to 10 times a day, what can it do for you? I mean what are you able to consume during these times? What should you consume during these times? ANY OTHER QUESTIONS YOU HAVE AT THIS TIME: REMEMBER-ASK QUESTIONS-QUESTION EVERYTHING-OK?

Third Assignment

At this time, I suggest that you search the Internet. RESEARCH. RESEARCH. RESEARCH. Do diligence. Find the

most nourishing foods that make sense to you, Ok? That's right! This is your Eating Practice. Find ways to practice making choices, Ok? Yes! That's Right! You can Choose! The choice is yours. There is Power in the Choice! You can do it!

Food For Thought

Are you giving your Eating Practice enough conscious thought? Often times, more time and energy is given to many other things like: Where we want to live? What movie we want to see at the Cinema? What TV show do we want to watch, Who's playing tonight? Should we build up on our home? What kind of car do we want to drive? Where do we want to vacation? Smiles...

Laugh a little: Ok? Have you been practicing your 'Inner-Child voice'? If so, please read the next assignment using it: Ok? MANY SMILES...

Fourth Assignment

RESEARCH. RESEARCH. RESEARCH. Find out how much protein you need. A quick way to find this out would be to multiply your weight in kilograms by .8. This will give you an approximation of A Daily Recommended Allowance of Protein. But, remember this is only a guide. It depends on your activity level and age, your stress levels and many more factors. Do diligence. How much Vitamins and Minerals do you need daily? How much Essential Fatty Acids do you need each day? Fish oil? Olive oil? Canola oil? Other oils? How much water do you need daily? How much alcohol can you consume each day? How much fats? How much Carbohydrates do you need each day? What kinds of foods can give you the adequate nutrition needed each day? (Marks; Marks; Smith, Pg. 13-17).

30 Days to a Healthier You

You have committed yourself to the first 30 days in a unique way. Think of your Eating Practice as a practice that you are going to keep tabs on, so to speak: Especially in the first 30-days: Ok? Now, as you practice it more and more each day, you are cultivating your Eating Practice Skill. As your practice becomes more skilled you experience more creativity, wonder, and imagination allowing for you to become more effective and efficient, maximizing potential, in practicing it. You'll begin to enjoy your Eating Practice more and more. What does your practice consist of? Later in this booklet, I will share with you many things that I do throughout the day to work and re-work my Eating Practice.

FUN!

Have fun creating your Eating Practice. Hug it; Embrace it; share it; accept it; welcome it; trust & Enjoy it-with An Honest All Heart Effort!

HELPFUL HINT: In the Basic Medical Biochemistry book by Marks; Marks; and Smith; you'll find answers to the questions in your fourth assignment. (Marks; Marks; Smith, pg. 13-17)

My Personal Practice

Now for my Eating Practice what I do is try to make use of my six to ten meals. Remember the Master Three from earlier? Portion size. What to eat. When to eat. I make use of the Master Three to make better

choices throughout the day to consume the most nourishing foods I can throughout the day. This takes practice. This is the Eating Practice. Smiles...

REMINDER: Wanting to create your very own 'Eating Practice' is a choice. This is your choice. Enjoy it: Ok? There is power in the choice! Smiles...

What To Eat Nutritional Outline

On page 15, in The Basic Medical Biochemistry Book you'll find reference to a prudent Eating Practice. Let's begin with Carbohydrates: Ok?

"There should be five or more servings of vegetables and fruits each day, particularly green and yellow vegetables and citrus fruits. Six servings of starches and other complex carbohydrates should be eaten each day, in the form of breads, cereals, and legumes. In addition to energy, foods of this type supply vitamins, minerals, and fiber. The consumption of refined sugar should be reduced below the American norm."

Fats: "Fat should account for no more than 30% of total daily calories. Saturated fatty acids should account for 10% or less; and Cholesterol intake should be less than 300 mg/day."

Proteins: "Protein intake for adults should be about 0.8 g/kg ideal body weight per day."

RDAs

Try to find a good source for RDA-'Recommended Daily Allowances' either on the Internet or in some book that you trust. You can check out Table 1.6. (Marks; Marks; Smith, Pg. 12.)

Alcohol: "No more (and probably less) than 1 oz (approximately 15 g) of ethanol should be consumed per day. This amount is contained in about two small glasses of wine. Pregnant women should drink no alcohol."

Vitamins and Minerals: "No more than 3g of table salt should be eaten per day, and individuals prone to salt sensitive hypertension should eat less than 3 g/day. Low fat or nonfat dairy products and dark-green leafy vegetables should be consumed to ensure adequate calcium intake. Vitamin supplementation in excess of the **RDA (Recommended Daily Allowance)** for example, megavitamin regimens should be avoided. Fluoride should be present in the daily caloric intake, at least during the years of tooth formation, as a protection against dental caries." (Marks; Marks; Smith, pg. 15)

REMINDER: Be creative with your eating practice: Ok? Use your imagination! Allow self to be filled with Wonder! Be childlike! Be curious! Enjoy it! Dream!

So we have 1517kcal/day (Or what your kcal/day) to use up: if you are reclining or resting only. Remember if you do any physical, mental exertion your 'Daily Caloric Intake' will be increased. What about stress? Pregnancy? What about growing children? Be sure to do your research, Ok? You want to make sure that you are applying An honest all heart effort in trying the best you can to nourish your body. You need five or more servings of vegetables and fruits: Six servings of starches and other complex carbohydrates. How do we do it? Remember we talked about portion size earlier, right? Well, how does portion size fit within our Total Daily Caloric Intake? You have to designate so much protein, carbohydrates, fruit, and fats to equal your Total Daily Caloric Intake. How are you going to do it? Smiles... Be creative...enjoy...have fun with this: Ok?

Read The Labels

May I suggest that you consider, study, and read the Daily Recommended Allowances on the labels of many foods if you are not already doing so. Look at the back of the foods that you buy. What are the ingredients? What are the Nutritional Values? Does it have ingredients that you want in your Body? You may want to ask yourself this question: Is this most nourishing for my body taking into account my stress, physical and mental exertions that I have to endure on a daily basis? Read labels, Ok? Read and Study them.

True Love As Priority

This Eating Practice is Initiated, Established, and Sustained & Maintained in and through True Love As Your One and Only Priority. This is why I highly recommend that you keep your food journal while listening to the CD's (True Love Must Be Priority-Secrets Revealed) for 30 days straight! When you do this, your focus begins to shift. You'll begin to realize more and more that your Eating Practice fluctuates according to what kinds, and how much physical & mental exertion, stress, and rest, YOU CHOOSE TO HAVE in your life.

So what do we do now? How about asking some questions? Am I ingesting any foods or drinks that are not most nourishing for me? Do I drink too much soda? Do I drink enough water throughout the day: Especially with physical exertion outside on a very hot day? How much water should I drink when running or walking on a hot day? Hint...Carry a bottle of water with you! How about alcohol? How much fat do I consume? How much protein? How much fruit and vegetables do I eat? What complex carbohydrates do I have each day like: breads, cereals, and legumes? I have 1517kcal/day (RMR for 155lbs or 71kg if I am only reclining or resting (if you are doing any kinds of physical, mental, emotional exertion you can add some more to your 'Daily Caloric Intake', Ok?) to supply my body with the needed nourishment for the day. How will I fill it? How can I meet the demands of my body with the highest quality of nourishment to maintain my body weight? See why I say your Eating Practice is about choices? A choice you make everyday by what you choose to eat. To maintain body weight, how many calories do I need for today? Some things need to be considered: Right? Like: How much physical, mental, emotional exertion? It may change tomorrow based on how much or how little physical exertion; and other variables that you practice: Right?

REMINDER: Question. Question. Question. Be sure to take rest: Ok? You need to Relax and Enjoy, Ok? How much quality rest did I experience last night? How much do I expect to experience tonight? How can I enjoy more Quality Rest! Smiles... Care for self with 'True Love As Your Number One And Only Priority'!

To Gain Weight

I am not going to spend much time on weight gain, Ok? If you would like to gain weight, I suggest you see a physician or Certified Weight Specialist. One thing I would like to say to you is have a plan. Ask yourself these questions: What am I trying to do? Bodybuilding? Job requirement? Health reasons? Do you just want to be bigger? It is your choice, but remember once you pack weight on your body it is hard to shed it. Also, make sure if you are into increased SIZE. Ask yourself this question: Am I willing to maintain the necessary fitness routines to maintain the size I am after?

Short Example and Information on Gaining Weight

To increase body weight you only need to follow the Maintain Section and increase portion size based on the desired weight you are trying to reach. For example let's say that you are 155lbs or 71kg and you are trying to gain weight. Increase the RMR requirements to the corresponding increased weight that you are after, Ok? The Daily Caloric Intake should match the desired weight that you are trying to gain, Ok?

For Example, using the Rough Estimate calculation of RMR ('Resting Metabolic Rate'), if you are seeking to increase your weight to 215-220lbs or approx. 100kg and you are now 155lbs or 71kg, how much will you need to increase your RMR? Well, the Rough Estimate calculation is $24\text{hour/day} \times \text{weight in kg} \times 100$: right? This gives us $24\text{hr/day} \times 100\text{kg} = 2400\text{kcal/day}$ is your New Resting Metabolic Rate. Presently, your RMR is $24\text{hr/day} \times 71 = \text{approx. } 1700\text{kcal/day}$. If you do any form of physical or mental exertion; emotional stress; or any form of other activities, you can add to your RMR additional calories. Be sure to check out the Table 1 near the beginning of this Eating Practice Booklet on different forms of activities to determine at what rate to increase your Daily Caloric Intake.

Your New Daily Caloric Intake should be the RMR of your new desired weight. Remember, when you reach your new

Our Daily Allowance

There seems to be so much to consume in a day, but we do not seem to have a large enough Daily Caloric Intake to allow it. In other words, how do we use our 1517kcal/day (Or your specific() kcal/day) that was mentioned earlier to ensure that we meet the Recommended Daily Allowance of the different food groups? That is the question. Any other questions or concerns you have at this time?

desired weight you will want to maintain your weight, right? So, it would probably be best not to over-consume. If your Eating Practice consists of enormous Portion Sizes, then when you reach your desired weight you will have to decrease your Daily Caloric Intake by a lot. This is hard for most of us. It would be better to start with the desired weight's Daily Caloric Intake (You could choose to allow this to be the New Resting Metabolic Rate) and maintain it. Now keep in mind, the way I suggested in gaining weight will take longer than consuming as much as you can each day! Gaining or Losing weight should be done over time. This way you are not overtaxing your system.

RMR

Keep your Daily Caloric Intake at your RMR (Resting Metabolic Rate) if you can. When you exercise either increase your portion size across the board a small amount (to add up to your New-Increased Daily Caloric Intake or add one additional Mini-meal). Depending on your activity level you will either have to increase or decrease your Daily Caloric Intake the next day to meet the needs of your body.

This seems like a lot of work doesn't it? Yes? No? Well, it does require time and energy. Smiles...

Be sure that you really want to gain. Once you start gaining weight it is hard to go back. Your body gets used to where it is. It wants to maintain homeostasis or equilibrium. I suggest that you research the proper way to gain. Just like when maintaining your weight, when gaining weight all different food groups still apply. Do diligence: Ok! RESEARCH. RESEARCH. RESEARCH. QUESTION! TAKE YOUR TIME TOO! ...ENJOY...Smiles...

SUGGESTION: TAKE A BREAK! Have a cup of White Tea or Green Tea or a cup of Skim Milk as what I call a Mini-Meal! If you have a cup of skim milk be sure to write down Skim Milk at 80 calories and the time, Ok? If Skim Milk isn't your thing, try a piece of fruit. Eat an Apple or Orange-be sure to write down on your paper 100 calories and the time, Ok? Be sure to write down how much 'WATER' you've had today? Smiles...

To Shed Weight

It takes time. A great rule of thumb is that it takes on average approximately one week to shed a maximum of two pounds. Why does it take so long? Well for starts, keep in mind that to shed one pound of fat in a week's time, you must shed 500 calories

a day for 7 days or 3500 calories for the week. What do you think? I know, I agree with you! It is a challenge!

"Some people seem to shed quicker than this John Matthew, Why is that?" In fact, the rapid initial weight loss experienced during a fad practice is typically due largely to the loss of water. This loss of water occurs in part because muscle tissue protein and liver glycogen are degraded rapidly to supply energy during the early phase of the fad. When muscle tissue (which is 80% water) and glycogen (about 70% water) is broken down, this water is excreted from the body. (Marks; Marks; Smith, pgs. 10-11)

REMINDER: 'Eating Practice' is a choice. This is your choice. Enjoy it: Ok? THERE IS POWER IN CHOOSING!

Why is it so hard?

It is so hard to shed weight for numerous reasons, but here are a few that I have found to be the most important: our portion sizes are not based on Recommended Daily Allowances for our specific desired body shapes and sizes. In other words, portion sizes at eateries or at home are customized to your needs. Most of us don't really even know what we should be consuming for the day, do we? That is to say, we are not sure of our Resting Metabolic Rate (total calories to maintain weight if we are only resting and reclining) or Total Daily Caloric Intake (total calories needed to maintain weight-including all exertions for the day). And finally for most of us, we are not clear on how much it literally takes to shed just one pound of fat. That is to say, we often times do not consider how much is involved in reaching our goal weight.

Our portion sizes sometimes are really enormous aren't they? We can also see the challenge in what we eat and when we eat too! There are a few ways to deal with the challenges of shedding weight. For example: One way, may be to break up your Total Daily Caloric Intake for the day into many parts to try and literally shrink the stomach! By eating smaller portion sizes more often throughout the day for your first thirty days, we can cultivate a habit of nourishing self without the use of HUGE MEALS! This can allow for us to cultivate skill making more effective and efficient choices to maximize potential with

You Can Do This!

*LET'S HAVE FUN.
FUN. FUN. (The
band is playing)
ENJOYING EVERY
MINUTE OF IT!
Many Smiles...*

Fast off means fast on

I would continue to say, that most probably a good rule of thumb is: The faster you shed weight, the faster you will gain it back! Keep this in mind, Ok?

our Eating Practice! Another thing that makes it so hard to shed is the lack of REAL KNOWLEDGE of specific CALORIC COUNTS of foods! When we go to ‘eateries’ or even when we prepare at home, we often don’t have a clue how many calories we are ingesting! I mean with the sauces, creams, and oils that are often times used in the ‘preparing’ of foods, the calories can quickly add up! A few things we can do is keep track of the foods we eat; eat more at home and keep better track of our Calorie Intake. We should ask or research what all is in the

foods that we consume. Another thing we can do is start with our Resting Metabolic Rate. In other words, allow our RMR to be our BASE!

Why does it take eating at the new desired RMR (Resting Metabolic Rate) to shed weight? Your Total Daily Caloric Intake should be a smaller amount for some time to reach your New Desired Shed Weight, right? By having our RMR as our BASE it keeps things simple. We have our Total Daily Caloric Intake Number at the top of our notebook page each day to follow. As long as we keep our Caloric Intake for the day less than that number we will eventually be at our DESIRED WEIGHT, right?

And finally, it is so hard because it takes time to shed weight doesn’t it? I mean stop and think about this quote from the Basic Medical Biochemistry Book for a moment ok? “When we draw upon our adipose tissue (fat tissue) to meet our energy needs, we lose approximately 1 lb whenever we expend 3,500 calories more than we consume. In other words, if we eat 1000 calories less than we expend per day, or 7000 calories per week, we will lose about 2 lb/week. Since the average food intake is only about 2,000-3,000 calories/day, eating one-third to one-half the normal amount will cause a person to lose weight rather slowly. Fads that promise a loss of weight much more rapidly than this have no scientific merit.” (Marks; Marks; Smith, pg. 10)

From what we just read we can see that when we shed and get closer to our desired weight it will most likely become harder and will probably take a longer time to shed those last pounds. It is very hard to cut 1000 calories a day if you are on a 2000 Daily Caloric Intake. Especially if your Daily Caloric Intake is 2000 for the day and that includes: Physical exertion; mental-stress, and emotional challenges too!

Think of this way, ok? If we start higher at 4000 calories for the day we can more easily cut out 1000 calories for the day. This will allow for us to shed 2 pounds a week. For a week, you have to consistently cut out 1000 calories per day to cut out 7000 calories over the course of the week. In other words, if we are able to eat 4000 calories/day to maintain our weight then we could eat 2000 calories less per day and still have 2000 calories for the day. If we are consistent with cutting out 2000 calories per day, we will shed 4 pounds for the week. Although, as we shed more and more our body demands for nourishment decrease; that is to say, the Daily Caloric Intake to maintain body weight decrease. We weigh less. Because of this, instead of starting at 4000 calories/day, we may start at 3000 calories/day to maintain our weight. So it is a lot harder to eat 2000 calories less when you have only 1000 calories left for actual consumption. Does that make sense? I hope so...Smiles...

Food For Thought

In today’s culture, widespread computer use and television viewing keeps activity levels very low. More often than not, this is why it seems like gaining is so much easier than maintaining or shedding weight.

Practically Speaking...Shedding Weight

When it comes to shedding weight there are some things that I do, that have helped me tremendously. I would like to share them with you. Take what I share with you with a grain of salt, though, Ok? What has worked for me may not give you the same results. Also, consult your physician before shedding weight, Ok? There is so much to consider when it comes to shedding weight. As mentioned earlier, certain things need to be considered when wanting or needing to shed weight: medications that you may be taking, activity levels, stress, time constraints, how often you can get to the grocery mart; and other considerations...

Be patient. It takes time.

Remember, you have to cut out 3500 calories before you shed 1 pound of fat. Wow! That means in order to shed one pound a week you must shed on average five hundred calories a day for seven days. But remember to be patient with yourself, Ok? You may say, “Aren’t we talking about maintaining weight still”? Yes we are! I just wanted to see if you were paying attention: Or if I could throw this trivia in here...I thought maybe you would find it interesting. I hope...I hope... Smiles...

Cultivating Skill

It takes skill cultivated over time to develop a successful Eating Practice. To develop your skill you must work and re-work your practice. Cultivating skill with your Eating Practice takes time, energy, and asking questions-questioning everything like: What is an adequate portion size? When should I eat Carbohydrates? (By the way, Carbohydrates are not bad.) How many Carbohydrates should I consume? Should I take fish oil? Where do I get the best kind for me? How much protein do I need each day? How many fruits do I need each day? When are the best times to eat fruits? What kind of fruits should I eat? Asking questions is an important part of your Eating Practice. You develop skill with your 'Eating Practice' as you: PRACTICE. PRACTICE. PRACTICE. Does this make sense? I hope so...

Anyway, when I shed weight, I prefer to eat as many meals as I possibly can-especially during the first thirty days of shedding. This has prevented me from finding myself ravenously hungry, and helped me get use to my New Desired Shed Weight-Caloric Intake in a way I can handle EMOTIONALLY! In other words, it keeps me from having big emotional swings throughout the day! I find that it helps me to keep my blood sugar as constant as possible too. I do this in having my, more potent Carbohydrates', right before I workout (some activity of any kind). For example: I have a glass of Orange Juice or other Juice, an Organic Apple, some other fruit or can of Organic Tomato Paste; and even complex Carbohydrates like a piece of Bread, right before a bike-ride; or a long walk; or even cleaning house. Now, what I have found to be most effective, efficient, and maximizing potential for me when I have shed is to break up my 'Caloric Intake For The Day' into what I call: Major or Main-Meals & Mini or Minor-Meals and even Ultra-Mini Meals. I have 1 to 3 Major or Main-Meals, and I have 7 to 10 Mini or Ultra-Mini meals. I enjoy lots of freedom with my Daily Caloric Intake. I eat as many different fruits, vegetables, and what I call healthy fats (fish oils-Olive oils-Canola oils or other unsaturated fats), skim milk or Yogurt (Calcium-Vitamin D-Protein-no fat or very little), half or one slice of bread (helps when really famished) or other types of complex Carbohydrates (pastas-legumes-oats-cream of wheat-buckwheat-cereals), fish, chicken, buffalo and (other proteins).

Side Note: I am available for 'COACHING-with 'True Love As Priority' to help you Maintain or Shed weight! Smiles... Check the Website for 'Coaching' www.TrueLoveMustBePriority.com ...or you can wait until I visit a City near 'YOU' and see me LIVE!

Be All Heart!

My Eating Practice is all about being most effective, efficient, and maximizing potential with not only shedding so results can be seen but also giving my body The Most nourishment possible from all the different food groups. This is the challenge of having what I call, 'The highest Quality Eating Practice'.

What I do is start with my 'Daily Caloric Intake'. My 'Daily Caloric Intake', most likely like your 'Daily Caloric Intake' has a range. Because my activities levels vary so much my 'Daily Caloric Range' can be very broad! For example; my 'Daily Caloric Intake & RMR' is 1700 to 2500: Depending on what I have going on a particular day: Or week. This includes all physical exertion; mental challenges; and what I call 'emotional sharing'! So what I like to do is put at the top of my 'Notebook Paper' the number of my RMR (Resting Metabolic Rate) of my 'New Desired Shed Weight': Which is 1700. This keeps it simple for me. You see as long as I keep my 'Daily Caloric Intake' at 1700 I will shed and keep shedding until I reach 'My New Desired Shed Weight'. Now unless I do a lot of exertions throughout the day, I try to keep my 'Daily Caloric Intake' for the day as my RMR 'Resting Metabolic Rate'. If I have much exertion for the day, I try to have a piece of fruit or slice of bread; either right before, during, or right after the exertion. This is added to the RMR of 1700: $1700 + 120$ (slice of bread) or 120 for (2 pieces of fruit). My 'New Caloric Intake' for that day is 1820. It could be more than 1820 depending on how I feel, how much exertion I have chosen to have, and also how soon I want to shed. But remember, two pounds per week is the maximum I try to shed. Smiles...

When I shed, I like to shed the absolute maximum weight advised by medical

Creating Your Own Practice

Your Eating Practice must make sense to you. Your Eating Practice is a choice that you make for YOU!: Embrace it; welcome it; hug it; accept it; trust-and-enjoy it! You may want to ask: Have I decided to maintain, gain, or shed weight? This is very important! Make a decision on what you are trying to do, Ok? Once you have made a decision to maintain, shed, or gain weight, then you are ready to begin creating, with wonder and imagination, Your Very Own Eating Practice. Keep in mind though, that it is a practice. PRACTICE IT! PRACTICE IT! PRACTICE IT! As you create your Eating Practice you may want to seek out some kind of support (Physician; Holistic Practitioner; Books; Fitness Trainer; other Weight Specialist) that makes sense to you.

professionals (Scientific Studies) (Marks; Marks; Smith, pg. 10) of 2 pounds per week. This means that I have to find 1000 calories per day to cut: Right? Now I will say I approximate with just about everything. I try to do the best I can. As your Coach this is all I ask of you, too! Big Smiles...

On page 10, in Basic Medical Biochemistry, we see that it takes shedding 3500 calories over a week to shed 1 pound. That's right-One pound. So to shed 2 pounds in a week it takes cutting 7000 calories out of your Weekly Caloric Intake. This is a tremendous amount...I mean...an incredible amount! This is a challenge for the most skilled of us! For me, this can only be done with eating as many times as possible (at least for the first 30 days to get myself use to my Desired Shed Weight Caloric Intake. If I don't eat often I find myself getting extremely hungry, and I want to eat everything in sight!

The good news is that this is your Eating Practice and you can set it up to work within your lifestyle. Do diligence: Research; and seek help from trained professionals for all the support you need, Ok?

My Formula For Shedding

So this is how I shed. I start with the RMR (Resting Metabolic Rate) of where I want to be. And I try to maintain that. So instead of being concerned about a range, I consistently try to keep my Daily Caloric Intake at 1700kcal per day.

By doing this, I can get used to my desired weight's RMR right now! This works amazing for me. Let me explain, Ok? Let's say I weigh 220lbs or 100kg and I would like for my New Desired Shed Weight to be 155lbs or 71kg, Ok? So, what I do is calculate my RMR of my New Desired Shed Weight of 155lbs or 71kg. My present RMR is what? Well, using the 'Rough Estimate' calculation it is $100\text{kg} \times 24\text{hours/day} = 2400\text{kcal/day}$. So to maintain my present weight of 220lbs or 100kg, and providing I am only resting or reclining, I need 2400 calories per day: Right? But, I am not trying to maintain my weight, am I? Smiles...

So, I want to calculate my 'New Desired Shed Weight' of 155lbs or 71kg, Ok? Using the Rough Estimate calculation for RMR (Resting Metabolic Rate) of my New Desired Shed Weight is $24\text{hours/day} \times 71\text{kg} = \text{approx. } 1700\text{kcal/day}$.

Ok. Now, what do I do? All I do is adjust my Daily Caloric Intake RMR from 2400kcal/day to 1700kcal/day. Simple as that! If I do any physical, mental, emotional, or stressed activities I look at the Table 1 at the beginning of this booklet and figure out what

additional calories I can add to my New Desired Shed Weight (But keep in mind I like to shed the maximum 2 pounds per week so I don't increase my Daily Caloric Intake unless I'm cutting out more than 1000 a day or 7000 per week). Does this make sense? Ok if so, let us continue! Now if I were not concerned about shedding the maximum 2 lbs per week I would do all necessary calculations to determine how much more I can add to my Total Daily Caloric Intake. Keep in mind, that if you start with your New Desired Shed Weight RMR and add to it any additional calories that you can have, because of any exertions that you may have, YOU WILL STILL SHED WEIGHT. You just may not shed 2 lbs per week. In fact, most likely you will shed less, but you will ultimately get to your goal weight. It just will most likely take longer! Smiles...

Let us continue, ok...Let's say that I do 8 hours of very light work per day (1.5 factor), and 1 hour each day of light work from either riding my bike 1 hour a day; or walking 3.5 to 4 mph an hour a day (5 factor for Moderate: Right?). Now, let's make all the necessary calculations: Ok? What do we need to do first? Well, we need to calculate our 'Hourly Caloric Intake'. How do we do this? Well, from what we have gone over it is simple enough: Right? We take our 'Total RMR for the day' and divide it by 24 hours: Right? Let's do just that. So earlier our New Desired Shed Weight RMR was 1700kcal/day: Right? We divide 24 hours into it or divide 1700kcal by 24. This gives us 71 calories/hour: Right? Now, we multiply our factor of very light, then, multiply that by our New hourly Desired Shed weight per hour and multiply that by eight hours. What do we get? $1.5\text{factor} \times 71\text{kcal/hour} \times 8\text{hours/very-light-work} = 852\text{ calories}$. This is the calories that we get for those 8 hours of very light work. Now, what about the hour a day bike or walk. This factor is 5 for an hour: Right! Simple enough! We take the $71\text{kcal/hour} \times 5\text{ factor} \times 1\text{hour/Moderate-work} = \text{approx. } 355\text{kcal/hour}$ of moderate work. WE now are ready to add everything up with our 'New Desired Shed Weight RMR & Added Physical Exertion of All Kinds To, giving us: $852\text{calories of very light work/8hours} + 355\text{calories of Moderate work/1 hour} + \text{a remaining of } 24\text{hours/day} - 9\text{hours/exertion} = \text{gives us } 15\text{hours left of regular RMR hourly rate of } 71\text{kcal/hour; } 15\text{hours/RMR} \times 71\text{kcal/hour} = 1065\text{kcal/RMR for the day} +$

Shedding

One thing I would like to share with you at this time: That if shedding works for you the way it works for me, you will not have to be concerned so much about shedding slowly; in fact, you will have to be concerned with shedding too quickly. Smiles...

852kcal/8 hours of very light work + 355kcal/1 hour of Moderate work; gives us a grand total of 2272kcal/day.

Whew! Whew! Whew! Don't panic...I only wanted to show every conceivable step...Smiles...

I know this was a little much but that's it. If you can follow these steps you can create, what I call, 'Your New Desired Shed Weight'.

So, what does this do for you? What does this do for me? First. Let me say it makes everything so clear. Ok. Let me explain. If I am not concerned about shedding the maximum weight of 2 pounds per week, and am not concerned with how long it will take to reach my New Desired Shed Weight, then calculating My 'New Desired Shed Weight's RMR with All Physical Exertion gives me 2272kcal/day. This New Daily Caloric Intake that I adopt now does so much for me. It keeps me on track to reach my New Desired Weight. By adhering to this New Daily Caloric Intake Shed Weight, I am shedding between 1 1/2 pounds and 2 pounds a week. Can I push it a little if I want? Sure! In my case, I like to shed the maximum of two pounds per week. So I have to cut an additional 300 calories a day or add enough physical or other exertion to make up for the 300 calories. Smiles...

Why do I say 300? Tell me...

Well, if we start at 220lbs or 100kg this gives us 2400kcal/day for the RMR. Our New Desired Shed Weight is 155lbs or 71kg this gives us 1700kcal/day for the RMR. $2400\text{kcal/day (Start)} - 1700\text{kcal/day (where I desire to be)} = 700\text{kcal/day (difference)}$. We know in order to shed 2 pounds a week, we need to cut 7000kcal/week or 1000kcal/day. The difference of $1000\text{kcal/day} - 700\text{kcal/day} = 300\text{kcal/day}$. Whew...did it! YIPPEEEEE....

REMINDER: Do we have our 'Inner-Child Wonder Cap On'? I hope so...have fun with this ok...enjoy...

Timing

If you don't care how fast you reach your desired weight, plug in your numbers above that correspond to your desired weight, and stick with it. You eventually will reach your goal. You could push it some, like I described. I like to push it a little. I like to be sure that I am shedding close to two pounds a week until I reach my Desired Weight. The choice is yours! One thing I would like for you to keep in mind is that if you would like to push it some, as you shed do the calculations once every 2 weeks, and determine how many calories you are actually

cutting, Ok? Does this make sense? I mean...the closer you get to your Desired Weight the lighter you are going to be so your RMR is going to be much closer to your New Desired Shed Weight RMR. Therefore, to shed near the maximum of two pounds per week consistently we need to calibrate every so often...like...Tri-Monthly...

By The Numbers

Now, that we have worked through the necessary calculations to figure out where you want to be, we AIRBORNE... SO TO SPEAK! Smiles...

Now let's talk about what I can have with my New Daily Caloric Intake, Ok?

Keep in Mind: Your Eating Practice takes practice. Practice it. Some days may fluctuate, and if they do don't be alarmed, make the necessary adjustments: And you are back on your way to reaching your Desired Shed Weight! YIPPEEEEE...

Ok, so what can I eat each day? How many calories do I have to work with? Go back and look unless you know it by heart! The grand total was 2272kcal/day or approx. 2300kcal/day. This will allow me to continue to shed until I reach 155lbs or 71kg, right but, very slowly? Smiles...

So if I would like to reach my New Shed Weight faster and shed consistently 1-1/2 pounds to 2 pounds per week, I need to keep my Total Daily Caloric Intake at 1700. So, now all I have to do is figure out what to fill up 1700kcal/day with, right? I can have 2 Major-Meals of at 600 calories each-leaving me a balance of 500 calories for my Minor or Mini-Meals for the day. Or I can have 1 Major meal at 1200-leaving my Mini & Ultra-Mini Meals at 500 for the day. Or I can have 1 Major at 700 calories and 1 at 500 calories leaving me 500 calories for my Mini & Ultra-Minor Meals. Do you see where I am going with this? There is a real skill to this isn't there?

By the way: YOU WANT TO KNOW SOMETHING VERY, VERY, COOL? WELL...WHAT DO YOU DO ONCE YOU REACH YOUR NEW DESIRED WEIGHT? I MEAN...HOW DO YOU GO ABOUT MAINTAINING IT? WELL FOR THE EXAMPLE ABOVE...GUESS WHAT...YOU HAVE ALREADY BEEN DOING THAT FOR AT LEAST THE PAST 32 1/2Weeks(MOST LIKELY LONGER)...or...a little over 8 Months (OR LONGER)... THE MOST YOU CAN SHED PER WEEK-2 POUNDS ($220-155=65$; $65/2=32.5$ weeks or a little over eight months) So, in other words, you don't have to increase or decrease your Daily Caloric Intake you have been practicing...

practicing...practicing...Smiles... Be creative...enjoy...have fun with this: Ok?

SUGGESTION: TAKE A BREAK! Have a cup of Decaf White Tea or Green Tea or a cup of Orange Juice as a Mini-Meal! If you have some Orange Juice be sure to write down Orange Juice, 120Cal and the time, Ok? How much WATER have you had today? Smiles...

So, now you have your Resting Metabolic Rate (RMR-Daily Caloric Intake resting or reclining all day long) or Daily Caloric Intake of the weight you want to be at. Write it at the top of your piece of paper. This is your BASE Daily Caloric Intake, Ok? This is where your calories for the day; week; month; and year start and even sometimes end.

REMINDER: Remember that you have made a commitment to listen to the CD's "True Love Must Be Priority-Secrets Revealed." Be sure to put an honest all heart effort into following through with your decision, Ok? But, remember to be patient with yourself, Ok?

By the Numbers
KEEP IN MIND: IF YOU WANT TO SHED 2 POUNDS CONSISTENTLY PER WEEK; TWEAK YOUR DAILY CALORIC INTAKE AT LEAST EVERY TWO WEEKS. MAKE SURE THAT YOU ARE EATING 1000 CALORIES LESS FOR THE DAY!

If you are ready to continue let's continue. Now, the first thing you need to do is make a commitment to nourish your body with the highest quality of foods from the different food groups. This is very important. Try to use Organic foods as much as you can, Ok? Now, using the Daily Recommended Allowance of the different food groups make choices on what kinds of foods you are going to use to make up your Daily Caloric Intake.

Practically Speaking...Deciding how to break up my calories

How I break up my calories depends on whether or not I want to eat one or more than one Major-Meal. Well, it depends on what I am doing or not doing. Where I am I going or not going? These are questions that you may want to ask yourself, too. What is my schedule today? How much physical exertion will I do today? Am I sharing a meal out somewhere?

Now as for my Mini or Minor-Meals I try to eat the most nutritious foods from a variety of food groups to satisfy my cravings. Healthy fats like fish oil, Olive oil, and Canola oil provide me with needed proteins (daily intake of 0.8 X weight in Kg); allowing me to have needed energy right before a bike-ride or brisk walk. I also eat what I call, more potent carbohydrates for a quick Mini-Meal while on the go. These include things like a handful of pecans, peanuts, or other nuts.

When it comes to healthy fats, I ingest a mix of Olive oil, Fish oil, and Canola oil right out of the bottle. I take a mixed Tablespoon of the three oils each day. This way, when I am shedding, I have more control over how much fat I actually ingest. I prefer to do it this way. I then see to it that my Main and Mini-Meals are almost nonfat. Of course, there are exceptions. When this happens, I don't take my Tablespoon full of mixed oils. For example, if I know that I am having Salmon or Tuna or maybe having pasta with basil-Olive-oil then I don't take my spoonful of Olive or Fish oil.

Let's continue on, Ok? Let's have fun with our Eating Practice! ENJOY...ENJOY...ENJOY...HAVE FUN...HAVE FUN...HAVE FUN...SMILES...

REMINDER: It takes you shedding 3500 calories to lose 1 pound of fat.

So let's review, ok? Shedding or maintaining weight is your choice. Allowing True Love To Be Your Priority is a Core-Choice! You can choose now. In so doing so, True Love beckons us, calls us, persuades us, Body, Mind, and Soul.

You are in charge!

You can make choices with what kinds of food you decide to nourish your body with. In fact, this is our responsibility isn't it? Also, we are accountable to our 'Internal Standard' of 'True Love As Priority!' Smiles...Be creative. Have fun. Listen to your body. Enjoy the process.

Your 'Eating Practice' is just that: A practice! PRACTICE IT. PRACTICE IT. PRACTICE IT. With an Honest All Heart Effort!

Take It With You!
Now, this RMR that you have at the top of your paper is to be carried with you all day-everyday for 30-days in a row: Ok? You can carry it with you until you reach your desired weight if you'd like! Smiles...

Remember your Eating Practice is a part of your Life Practice. You have made a decision to allow your Life Practice to be True Love As Priority. True Love is alive. It owns us. We listen to True Love. We respond. We make choices that strengthen our commitment in deciding to allow True Love As Priority daily. In so doing, we accept; embrace; hug; and welcome choices as privileged opportunities. We Trust! We Hope! We Enjoy! We Choose! Choices can be made all the time. Isn't this wonderful! Make choices today!

Food For Thought

THE MASTER THREE Consists of PORTION SIZE, WHAT WE EAT, AND WHEN WE EAT. Be aware of The Master Three and work and rework it WITH TRUE LOVE AS YOUR NUMBER ONE AND ONLY PRIORITY, OK? BE SURE TO REMEMBER THAT PORTION SIZE IS THE MOST IMPORTANT OF THE THREE, OK?

REMINDER: Have you cultivated your 'Inner-Child Voice' yet? When we tap into our Inner-Child we are able to make use of imagination; wonder; and creativity to Enjoy and have Fun more and more with our Eating Practice! Dream! Smiles...

Use Your Resources

Remember it takes time to shed weight: Ok? If you are struggling or wavering with committing to what it is that you would like to do, get the "True Love Must Be Priority-Secrets Revealed" CD's and listen to them: Ok? Be patient with yourself...

That is what's so special about this body-focused practice. It gives us privileged opportunities to reflect on the decision we have made to allow True Love to have its way with us. This is so amazing. Wow! We can allow True Love to reign over us and rule within us. Reign over what? Remember in the CD's, we heard that True Love is not cheap. We cannot fake it. It must be real. It requires our Body, Mind, and Soul. True Love restores us. Encourages us. Nurtures us. Nourishes us. Cleanses us. Feeds us. Moves us. Guides us. Directs us. Leads us. And owns us!

Let us allow True Love To Reign Over Our Eating Practice, Ok? What do you say? So, whether you are maintaining, gaining, or

shedding weight, you choose, I choose, we all choose to allow True Love to have its way. True Love Reigns... True Love Rules...

Free Yourself From the Dreaded D-Word!

This is your Eating Practice. It is not something out there somewhere is it? It is within you. You decide. You commit. You choose. This promotes Autonomy... this is your strength...this is empowering. The power is in the choice! Now you can choose to be free from relying on what I call the 'D' word (diets) for good...this is what cultivating and developing your very own Eating Practice does for you. You see an Eating Practice is permanent...and because your Eating Practice is a part of your Life Practice you are literally allowing True Love to reshape your life and your body!

Now what?

We have everything we need now don't we? We have decided True Love Must Be Priority. We now have prioritized living. We are accountable to it. We are responsible to it. We choose it...Our Eating Practice is an extension of True Love As Priority. It is a privileged opportunity of choices that we can make and we do make: Reflecting True Love reigning over us and True Love ruling within us. Where the mind goes, the body will follow!

"True Love beckons us; calls us; and persuades us!..."True Love supports us; nurtures us; and feeds us!..."True Love nourishes us; restores us; and owns us!"

Now what? Create! Create what? We are creating an Eating Practice with 'True Love As Priority. This is what we choose: Right? Do we not? Tell me...

I mean...could it be that everything we long for, hope for, and dream for is already within us; and we allow it to beckon us; call us; persuade us; support us; nurture us; feed us; nourish us; restore us; and we most certainly allow it to own us...Smiles...

To Get Your Weight Down, Write It Down

Your RMR is your guide. For the first 30-days in a row, write down on this piece of paper what you have to eat throughout the day. Make sure that you are sticking with the RMR of your 'New Desired Shed Weight' plus any additional calories to compensate for any exertion during the day. This number should be at the top of your paper. You can add to this number if you do any unexpected physical exertions or other activities throughout the day. Plan. Plan. Plan. What I call YOUR Base Daily Caloric Intake! Even though I suggest you look over your Weekly Caloric Intake, it is still very important that you take each day ONE DAY AT A TIME, Ok? Unless you are in training for a marathon or other planned event, your Weekly Caloric Intake should stay fairly constant (Daily X 7).

Question Everything!

So now, I think you are beginning to see that this is your Eating Practice and you can set it up so it works for you. Be creative, Ok? Do you have your Inner-Child-Wonder-Cap-On? Let's continue on, Ok?

Sixth Assignment: Continue Creating Your Very Own Eating Practice...

What To Eat Recipes for Success

Your body needs to be nourished. We have discussed earlier that our bodies can be nourished with foods from different food groups. The Carbohydrate food group includes vegetables & fruits and the RDA is five or more servings. Of the complex Carbohydrates like starches, breads, cereals,

and legumes (beans), the RDA is six or more servings. To find the amount of protein you need, take 0.8 g/kg of ideal weight for adults per day. The fat food group is made up of saturated, unsaturated (essential fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids) and cholesterol. The fat you consume should not exceed 30% of your total daily caloric intake. It is broken down in Saturated fatty acids accounting for no more than 10% of daily Caloric intake, unsaturated fats accounting for about 10%, and finally cholesterol intake less than 300 mg/day. The foods that we eat have Vitamins and Minerals. Any Vitamins and Mineral supplementation in ones Eating Practice should adhere to the Recommended Daily Allowance charts. (Marks; Marks; Smith, pg. 15)

CAUTION: Alcohol should be consumed sparingly: "No more (and probably less) than 1 oz (approximately 15 g) of ethanol should be consumed per day. This amount is contained in about two small glasses of wine. Pregnant women should drink no alcohol." (Marks; Marks; Smith, pg. 15)

If you are going to consume alcohol, may I suggest ORGANIC RED-WINE!

Brown Bag It

The Portion-Sizes tend to be enormous at eateries. It may be best to pack your lunch, and cook at home for a little while until you feel more confident with your Eating Practice!

RECIPE: Every Day Soup

1-1/2 cups of water in a medium pot
Pour 1 cup of low-sodium Chicken broth in pot
Sprinkle Organic Italian Seasoning and Organic Pepper in pot
Add 2 cups of Baby Carrots
Add 1 can of Organic Diced Tomatoes with Garlic
Add 1 can of Organic Kidney Beans, drained
Add 1 cup of cooked chicken, or your favorite meat
Add 1 cup of Frozen Organic Bell Peppers
Add 1/2 cup diced Organic Onion
Heat on medium to medium high until soup comes to a boil.
Turn down heat and simmer
Add Long Grain Whole Grain Rice
Cook for 45 to 50 minutes
Turn off heat and put in bowls
Sprinkle All Natural Parmesan Cheese on top
Enjoy...

RECIPE: Mushroom and Bean Soup

1/4 tablespoon of Butter
1/4 tablespoon of Canola Oil
Handful of Fresh Mushrooms
Long Grain Brown Rice
Water for 2 servings
Spices
Can of Kidney Beans
One Cup of Thinly Sliced Carrots
1/4 Cup of Thinly Sliced White Onion
One Cup of Organic Chicken; Beef; or Vegetable Broth
Add Six to 10 Baby Cherry Tomatoes

Heat butter and oil in bottom of soup pot. Sautee mushrooms, add brown rice and water for two servings. Cook rice as directed on package. Once rice is cooked, add remaining ingredients. Bring to boil, stirring lightly. Then simmer, stirring often for 10-15 minutes. Be sure to keep the Pot lid on as much as possible. Keep all flavors In...Smiles...Serve in bowls with One ounce of Goat Cheese and Sprinkle some Parmesan Cheese on top along with Black Pepper to taste (Cayenne if you like spicy) Enjoy!

Evaluate Your Skill

You are seeing that your 'Eating Practice' requires skill, right? You can work it and re-work it. How far do you want to go with this? Are you open and willing to put an 'Honest All heart Effort' into your 'Eating Practice'? Remember, you have the CD's 'True Love Must Be Priority-Secrets Revealed, the DVD 'Digging-Deeper-Behind-The-Scenes with True Love As Priority', and this 'Eating Practice' Booklet to challenge you! You also have the 'Basic Body Technique' DVD and the '30 Day Journal' to have fun with! Smiles...have fun...

More and More
We can make choices daily that increase our commitment to our decision to make True Love As Priority. Our Eating Practice is a part of our Life Practice. Since our Life Practice is a decision to allow True Love to reign over us and rule within us, our Eating Practice becomes an extension of True Love's Priority. We have a privileged opportunity to allow True Love As Priority to become more and more real for us in the outward manifestation of our Eating Practice. Smiles...

HELPFUL HINT: When you create your very own Eating Practice, you may want to consult a physician. Whether you are trying to best maintain, gain, or shed weight there is a skill to it. Real support is needed. Make use of Health Books. Be sure to make use of credible scientific study, Ok? Make use of the Internet. Study. Read. Talk to a friend or family member. Take a class at a University. Learn. Research. Practice. Have fun & Enjoy... Remember this booklet is only to get you started with your very own Eating Practice. Be patient, Ok? It takes time to cultivate and develop a healthy balanced Eating Practice. It is a skill. Skills take time to cultivate and develop.

My Practice

I take a spoon of what I call a blend of oils: Fish Oil; Olive oil, and Canola oil four to five times a week or more, depending on the foods I eat any given day. I try to eat six to ten times a day or more. I have two Main (or major) Meals and the rest are what I call Mini Meals. Usually my two Main or Major Meals consists of vegetables and protein. The

Main Meals can be Buffalo meat with Organic Vegetables; Chicken & Rice; Black, Garbanzo, or Red Beans with Long Grain Brown Rice; Chicken & Vegetables; All kinds of homemade soups like: Chicken with celery and carrots; Buffalo meat, onions, mushroom, broccoli, and carrots; Vegetable soup that include carrots, broccoli, cauliflower, Brussels sprout, corn, peas, lima beans, soy beans, thin & thick string beans, mixed vegetables; Pasta soup with Chicken & mixed vegetables; Tomato with vegetables and Chicken; Rice soup with either Buffalo or Chicken; Chicken Sausages-garlic or oregano soup with all kinds of vegetables; Turkey with potato soup. The soups are usually made with Organic low sodium Chicken, Vegetable, or Beef broths.

Extra Credit Assignment for Your Eating Practice

Research the importance of Fish, Olive, Canola and other oils. Also research the importance of Vinegar! I usually put 60% Fish, 20% Olive, and 20% Canola on a Tablespoon and consume daily. Sometimes after consuming this I fill the same tablespoon up with Organic Balsamic Vinegar and consume this! You can also mix the oil and vinegar together to create a tasty salad dressing. Smiles...

Practically Speaking...

My Mini-Minor Meals

My Mini-Minor Meals consist usually of a cup of Skim Milk; Cup of Orange Juice; All kinds of Organic fruit like: Clementines; Oranges; Apples; Pears; Bananas, just to name a few. One of my favorite things is Organic Blackberries & Organic Blueberries with a Banana-topped with Cinnamon. I also eat a small handful of Pecans, Peanuts, Walnuts, or other nuts; Yogurt; Small piece of pie or cake; Apple cut in four pieces with Cinnamon sprinkled on top; Piece of Cheese-My favorites are Organic Australian Cheddar, Goat Cheese, Uniekaas-Parrano Cheese, (by the way, a serving size is an inch by inch square). And finally, All Natural Grated Parmesan Cheese; Boiled Egg; Piece of whole grain or wheat toast with real butter, honey and Cinnamon sprinkled on top; Cup of Homemade Ice Cream (favorite is Vanilla & Cinnamon, but a close second, third & fourth are Lemon with Cinnamon sprinkled on top; Peanut Butter & Vanilla with cinnamon sprinkled on top; and finally Peach with cinnamon sprinkled on top). These are only some of my 'Major & Mini Meals' throughout the day. Sometimes it is a challenge to decide which ones to eat. That is why I like to have as many mini-meal choices as possible... Usually around six to eight Minis and One to two Mains...Smiles...

You Have a Mission

True Love equips us doesn't it? It supports us doesn't it? How does it equip and support us? We have purpose and mission with our lives don't we? Our purpose is to share: And our mission is to promote greater intimacy (shared vulnerability), more experienced closeness, and deepened connection with all those we come in contact with. Smiles... Now what? Let's have fun with our 'Eating Practice': Ok?

Food For Thought

The Eating Practice Choices that you make throughout the day are privileged opportunities. Treat them as such... Remember in the CD's that everything we do or are a part of should be weighed up against our Internal Standard of True Love as Priority. True Love inspires us... As we make choices with our Eating Practice we reflect True Love.

It's a Challenge

The challenge is to try and make use of the different food groups throughout the day with An Honest All Heart Effort. Sometimes it isn't easy...I usually designate a 1000kcal for my two Major-Meals from my Daily Caloric Intake. My remaining approximately 600 kcal to 1000kcal, depending on my activity level, I break up into six or more Mini Meals. How I make use of my Mini-Meals for the day mostly depends on how I make use of my major-meals. It also depends on how I feel, and how much physical exertion I plan for the day, and any other activities.

RECIPE: Hearty Chicken Tomato Soup

One can of low sodium Organic Tomato Soup (or any flavor soup)
1-1/2 cup of your favorite vegetables. I like Broccoli; Cauliflower; Corn; sliced very thin Carrots; some fresh onion; (add whatever vegetables you like-be creative);
2 cloves of garlic, pressed;
pepper to taste
Add Chicken (1/8 of pound for every person eating)

Brown chicken in skillet. Heat up the Tomato soup and vegetables on Stove until vegetables are tender, stir in cooked chicken. Then turn off heat and serve. Enjoy...

RECIPE: Brown-Bag Chicken and Veggies

Cut up 1/8 of pound of the Boneless Chicken Breast that you have prepared for the week
Put in a plastic container along with fresh Organic Broccoli; Cauliflower; 5 Cherry Tomatoes; two small baby carrots thinly sliced; and a tablespoon of Goat Cheese
Add 1/4 cup of some Organic Salsa.

In another smaller container, add some frozen Organic Blackberries & Organic Blueberries. Sprinkle with cinnamon.

Now you have a nice lunch at work or play. Enjoy...

RECIPE: Berry Berries Dessert

Put a quarter cup of Organic Blueberries in a bowl

Put a quarter cup of Blackberries in a bowl

Cut up one Banana very thinly

Whip or Beat two teaspoons of Cinnamon with 1/4 cup of whipping cream. Yummy...

Possible Mini Meals

I try to eat six to ten times a day. I have two main or major meals and the rest are what I call Mini-meals. The Mini-Meals are very important. These meals provide nourishment throughout the day. I usually have a cup of Skim Milk for three of my eight Mini-meals. It is hard to believe but one cup of Skim Milk has only 80 calories! It is what I call a power punch for so few calories. Each serving size (one cup) has almost 0 cholesterol, very low sodium, 8g Protein, 10% RDA (Recommended Daily Allowance) Vitamin A, 25% RDA Vitamin D, 30% RDA Calcium: It even has 4% RDA Vitamin C; and 0% fat. To get your daily Calcium, needed Vitamin D, and high quality Protein it is hard to beat a cup of Skim Milk. Especially when shedding weight.

For my fourth Mini-Meal I try to have an Apple with Cinnamon sprinkled on top. Apples have pectin, fiber, and other Phyto-Nutrients and are another good thing to have when you are trying to shed. The Pectin helps make you feel more full. If you eat an apple right before bed there are even some claims that it helps with heartburn. For my fifth Mini-Meal I usually have some kind of nuts. My Sixth Mini-Meal is usually either for an Orange or Clementine; or a glass of Orange Juice. Orange Juice has enormous amounts of Phyto-Nutrients and Antioxidants. For my Seventh 'Mini-Meal' I have Blackberries & Blueberries with a banana and sprinkled cinnamon on top. If I have an Eighth Mini-Meal it usually is a Vegetarian Fed Hen hardboiled egg. I almost always have the boiled egg in the morning. Eggs are very nutritious with many Vitamins and Minerals and packed with Protein. If I have a Ninth or Tenth Mini-Meal like to keep my options open. I like to surprise myself with something I may want. Maybe I will have a Yogurt or piece of a pie or cake. I may have a nice (inch by inch) slice of one of my favorite cheeses.

REMINDER: Do we have our 'Inner-Child Wonder Cap On'? I hope so...have fun with this ok...enjoy...

Last Assignment: Share your Eating practice...

RECIPE: Bison and Veggies

One Pound of Buffalo meat
Eight cloves of Organic garlic, pressed
One can of Organic Tomato Paste
One cup of Organic Salsa
4 cups of Organic mixed veggies
2 cups of Organic Bell Peppers
6 Baby Carrots
Pepper to taste

Add salt only if desired, it is not necessary. You have the Tomato paste and Salsa that have sodium. Smiles...

Start with a large frying pan. Spray the entire pan liberally with Organic Olive Oil Spray. Place a pound of Bison in one-half of the pan. In the other half of the pan stir in mixed Organic frozen Veggies and Organic mixed frozen Bell Peppers. Cook on medium. This would be a good time to add the salt if you need to. Let cook without lid until meat is nearly done. Press the Garlic on top of meat and veggies. Mix everything together. Spread the meat and veggies to the outskirts of the frying pan. Open a can of Organic Tomato Paste and put entire contents in middle of frying pan. Cover and heat on high for about 1 minute. Then take lid back off and add 1 cup of Salsa on top of Tomato Paste.

Now mix everything together. Put lid back on. Let sit for 1 or 2 minutes.
Now get your 6 Fresh Organic Baby Carrots and slice them very thin.

Put them in the pan. Turn the heat back up to Medium until everything is hot together: Cook for about 3 minutes. Enjoy...

REMINDER: When you practice your Eating Practice with True Love As Priority you will begin to 'feel' more of what is more and more effective, efficient, maximizing potential for you. This is good news. It takes a little while though: Ok? So, be patient with self ok? Smiles...

Your Personal Practice

I asked you to write down your RMR at the top of the piece of paper in your notebook. I also asked you to write down what you eat on a typical day, right? In addition, I asked that you write down the foods that you have each day, especially for 30 days in a row, along with the time you ate those specific foods. Now, I would like to share with you a page from my notebook. This is a good example of a typical day for me. I only want to be sure that I am eating the highest quality food from the all the food groups discussed earlier! I have 1700 calories to use up each day. These are some of the foods I have: Usually 1/3 to 1/2 to 3 cups of Skim Milk; 1/3 to 2/3 cup of Orange Juice; 1 to 2 Tablespoon(s) of Tomato Paste; 1 apple(different kinds) with cinnamon; tangerine (Clementine when in season) or blueberries-blackberries with cinnamon; Garlic (usually fresh and crushed); Green-White-Mexican Chili-Anti-Oxidant Berry-Herbal teas (2 to 4 cups); Veggies; 1Vegetarian Fed Hen Egg; Goat or Some Other Cheese; Spices; Fish Oil (60%)-Canola Oil (20%)-Olive Oil (20%); 1 Tablespoon of Balsamic Vinegar; Either Chicken, fish, Buffalo, or some kind of Beans in a soup, casserole, tortilla, or mixed with just Veggies; Water (4 or more cups depending on exertion levels) and finally Organic Red-Wine 1/4 to 1/2 of an ounce. Now these are some of the foods that I have maybe 3 to 4 times a month or more: Whole Grain Bread 1/4 to 1/2 slice of bread (Sometimes a whole slice if I walk very far or ride my bike for a long time); Egg Beaters (As a substitute for eggs once or twice a week); Organic Red-Wine (a glass or two); Rice (different Kinds); Chocolate; Spinach Salad; Ice Cream (Usually Home-made); Home-made cake; Raisins; other fruits (Bananas, or other fruit); Banana Bread; Select Veggies in season; fruits in season; a little Espresso (Special kind a few times a month or less); Yogurt (I like the fluffy kind-goat-Greek Vanilla-All kinds); Salsa; Tomato Sauce; Pasta; Nuts (Pecans,

Something To Think About
When you start your Eating Practice make a decision to allow True Love to be Priority. This will keep things in perspective. As mentioned in the CD's, it is not so much a matter of do's or don'ts, rights or wrongs, good or bad, what you eat or don't eat-so much, as it is what is most effective and efficient-maximizing potential-FOR YOU! You are creating an Eating Practice that is balanced, Ok? This is your Eating Practice. This is my Eating Practice. This is our Eating Practice. We can only do the best that we can, RIGHT? Trust...

Peanuts, walnuts, and other nuts); Oatmeal-Buckwheat-Cream of Wheat.

What you may experience as you work and re-work your 'Eating Practice' is that you discover unique foods that offer not only a taste you like, but also are very high in Nutritional Value! For example: I have eggbeaters in place of eggs a few times a week. I receive High Protein Value, getting just about all the nutritional value of an egg without any cholesterol! I have found great vegetable sources for Vitamin C, such as Mixed Bell Peppers and Broccoli.

You see, as you cultivate your Eating Practice more and more, your Eating Practice becomes more and more a Developed Skilled Eating Practice. That is to say, you find that you are eating more and more foods from the Different Food Groups within your Daily Recommended Allowance. Earlier in this Eating Practice Booklet I mentioned to you to find a good Daily Recommended Allowance Chart. If you haven't done this yet, As your coach, I highly recommend that you do this NOW!

Let us always remember to allow True Love to have its way with us in and through our Eating Practice that makes up our Life Practice, Ok? Do we have our 'Inner-Child Wonder Cap On? And, have you been practicing your Inner-Child Voice? Smiles...

RECIPE: Veggie Eggbeater Scramble

Spray a small skillet with Olive oil spray! Turn oven on 500 degrees. Turn burner on Medium. Put 2 cups of Organic Bell Peppers in skillet. Add 1 cup of Organic Broccoli. You can add pepper now as well as Italian Seasoning. Cover skillet with a lid. Let Vegetables cook for a few minutes, but don't overcook. Take off cover and add 3 tablespoons of Organic Salsa. Mix vegetables with salsa. Turn off heat. Add 1 cup of Organic Egg Beaters. Sprinkle with All Natural Parmesan on top. Place skillet in oven but be sure that your skillet is able to go in the oven, Ok? Cook until top looks slightly brown or is somewhat hard. Remove from oven. Add some Soft Goat Cheese if you like. You may want to add 2 more tablespoons of Salsa too! ENJOY! Smiles...

RECIPE: Black Bean Spread

One can of Organic Black Beans.
Two cloves of crushed garlic.
Five Baby Carrots thinly sliced.
Add salt and pepper to taste.

Heat until Carrots are near tender, add black beans and cook until bubbly. Garnish with Parmesan or Goat Cheese: serve with half a slice of whole wheat bread. ENJOY. SMILES...

REMINDER: OK? Wanting to create your very own 'Eating Practice' is a choice. This is your choice. Enjoy it: Ok? There is power in the choice! Have fun with 'Your Eating Practice! Smiles...

The-nitty-gritty

Ok! You have made it this far and, now, I would like to share with you behind the scenes of My Eating Practice, Ok? But, first let us review what all we have covered. By now you should have a great deal accomplished! You should know that you make a Core-Choice to allow True Love To Be Your Number One and Only Priority! You can choose! The choice is yours! You can have Prioritized Living! You can choose to Prioritize A Life Practice and Fully Commit to True Love Must Be Priority!

You have the Privileged Opportunity of making Choices throughout the day with a clear defined purpose to share. You now have a mission too! The mission to promote More Intimacy (Shared Vulnerability), More Experienced Closeness. And Deeper Sense of Connection With All Things!

You can Tap Into Your Inner-Child. This is your strength! You can Imagine More, Wonder More, And Be Creative More! The Choice is yours! Dream!

You can Cultivate and Develop an Eating Practice. As you cultivate, that is to say, Practice more and more Your Eating Practice with An Honest All Heart Effort, YOUR Eating Practice becomes more and more developed! Your Eating Practice becomes a Developed Skilled Eating Practice!

You can allow Your Developed Skilled Eating Practice to be fun! You Choose! You have privileged opportunities throughout the day to Make Choices! You can Choose to Enjoy Your Eating Practice as a part of your Life Practice of Allowing True Love To Be The Number One and Only Priority IN YOUR LIFE! You Choose to be creative with your Eating Practice! You Choose to make use of Your Imagination! You Choose to wonder about your Eating Practice! You Choose to PRACTICE IT! PRACTICE IT! PRACTICE IT! You Choose To Dream More!

Now you are ready to get Behind The Scenes with My Eating Practice! This will give you insight. You are not alone. You will see that it isn't always easy for me to practice my eating practice. It

is a CHALLENGE! At times it is Easy! At times it is Hard! And, most times it is somewhere in-between! You are not alone, Ok? Hang in there! You now have everything you need to cultivate and develop a very high quality Eating Practice! Get Started Today! Smiles...

At the start of the day, I write at the top of a piece of paper what day it is! I usually speak in my Inner-Child voice. This helps me tap into my imagination-wonder, and creativity more readily! You see I don't like to plan everything out like what food I am going to eat, and when I am going to eat it, and the times I will eat! I like to be spontaneous most of the time! I know what my Daily Caloric Intake is for the day! I put that at the top of the piece of paper! And, then anything I have throughout the day, I just write it down with its calorie count and the time I ate it! This allows for me to know at all times where I stand with My Total Daily Caloric Intake! I suggest you do this for your first 30 days. You may want to do it from time to time to make sure you are keeping the Skill of Your Eating Practice well developed! Does this make sense? I hope...I hope...hope...so...

You see, I like a lot of variety! As I mentioned earlier in this booklet I like a lot of options! I enjoy making choices! Its fun! First, I will tell you I have many different varieties of foods from the Different Food Groups in the refrigerator, cupboard, and on the counter tops in plain view! I like to see what my options are. Does this make sense so far? It works for me. Anyway. I keep all my options open. I live relatively close to an Organic Market! This allows me to have the option of eating there in the morning if I would like. I have found the more Options I give myself, the more I can enjoy and have fun with my Eating Practice! I figure choices have to be made anyway, so I accept; embrace; hug; welcome the privileged opportunities of choosing! This very morning as I type, I had a 'Vegetarian Fed Hen Egg Wrap' with potatoes inside and 2 small 1/4 cup Salsas on the side. It was delicious! Smiles... Now what did I write down on my paper? The wrap was 145+ one egg 70+ Salsa 2 X 15+ Potato 75+ = 320. I wrote all this down on my paper with the time 8:30. At the top of the paper, I wrote today's date along with my 'Daily Caloric Intake-1700' for the day. I usually try to keep my caloric intake for the day close to this! If I workout more than regular I will have an apple, tangerine, glass of juice, or even a cup of skim-milk to use as a Pick Me Up. Smiles... Now let us get down to the nitty-gritty, Ok? Why did I have the wrap this morning? Well, I was quite famished this morning. I needed to eat something rather quickly that was already prepared! You see I cook pretty much everyday! I needed

a break. I also needed some Skim Milk, too! I knew that I would need to go to the Organic Market anyway, so I thought it would be a good time to take a break from making something. Breaks are important! It is healthy! No one is exempt from this! Ok, now what I do is take each day and decide for the day: What do I need today? What would I like? I try to listen to my body! What are its wants? What are its needs? What are its desires? This is very important to me. I like staying in touch! This takes time, Ok? You learn this through Trial and Error! Smiles... Ok, now sometimes my body wants Buffalo or it may want a little Butter; or it may even want some dark chocolate! I try to listen! Smiles... You see nothing is off limits: Just be sure that you work it in your Daily Caloric Intake that you have written at the top of your paper, ok? Let's continue...I have found once something is off limits I want it more and more! My body needs Protein; Essential Fatty Acids (FATS) (Fish oils; Canola oils; Olive oils; to name three); what else, well it needs vitamins and minerals; and my body needs a certain amount of Carbohydrates for me to feel and be at my optimum! What do I desire? Well, one thing I desire is Red Wine! Smiles... I most of the time drink a very small amount of Red Wine, but there are the occasional more-than-one-glass nights! Smiles... I also desire Homemade Ice Cream! I desire sometimes Chocolate or a Juicy Buffalo Steak! I find Buffalo to be leaner than other red meat and it still offers the taste and flavor! What do you think so far? Smiles...

So now I have, what I call, my Highest Quality Basics around the home at all times. These Basics are the backbone of My Eating Practice! Would you like to know what they are? Smiles... Well, what I try to have around the house at all times are: Different kinds of organic beans; organic garlic; organic skim-milk; organic yogurt; organic fresh vegetables; some organic red-potatoes; oils; organic balsamic vinegar; organic egg-beaters; a dozen organic vegetarian fed hen eggs; organic orange juice; organic apples; organic oats; organic raisins; organic fruits; decaf teas (mostly white teas); dark espresso coffee to mostly only smell; Yes I said smell...rarely I will have a wee teeny bit...smiles...(I like the smell of coffee-what are you gonna do...smiles...) cinnamon (all kinds of spices); nuts; honey; broths; multi-grain bread; cheeses (goat and other fine cheese); organic-tomato-sauces-organic-tomato-paste. There may be some other foods but that is most of it. Now as far as what I have around sometimes are: Red-Wine; Chicken; Turkey; Buffalo; Fish; special kinds of fruits (grapes; grape-fruit; Clementine tangerine; and other kinds of fruits); specialty type

nuts once in while like (peanuts; cashews); certain types of veggies like (avocado; asparagus; Zucchini; squash; to name a few); specialty juices like; and other things I may want; need; or desire! Now you have the gist of what goes on behind the scenes of my Eating Practice! Nothing is off limits, it's just a matter of what you like! Although, may I suggest something that helps me is trying to weigh My Eating Practice up against my Internal Standard of True Love As Priority! So as I mentioned earlier in this paragraph, I keep track from the time I get up all the way throughout the day and night, of what I eat and I write down its calorie count.

Ok, now before we turn up the heat a little bit, may I suggest that you see or maybe chat on-line with a Physician. You may want to get on the Internet and find a doctor who you can chat with online about this! You may want to chat with a Weight Specialist! The important point I am trying to make is that some kind of support is needed. If you want to shed consistently 2 pounds per week some tough questions need to be asked like: How do I go about doing this most effectively and efficiently maximizing potential? In other words, how do I ensure that I receive The Daily Recommended Allowance of nutrients discussed earlier in this booklet? This is the question? It is a challenge! Yes. I said Challenge! It is very hard! But, if this is really what you want to do: Let's turn up the heat with the Introduction of, what I call, the Ultra-Mini-Meal! In my Eating Practice if I want to shed 2 pounds per week consistently until I reach a desired Shed Weight; then I may need to increase meals even more; but decrease Caloric Intake with each meal even more! Shedding consistently 2 pounds per week is not only hard it requires Skill to do it. It is not easy even for the best of us! Why is it so hard? Well, to do it consistently requires that I decrease on average consistently 1000 Calories per day for a week. We are not talking about Shedding mostly water weight that comes from Shedding Glycogen stored in the liver or muscle tissue-protein' (Marks; Marks; Smith, pg.11). We are talking about Shedding fat! Remember it takes decreasing 3500 Calories to shed a pound (Marks; Marks; Smith, pg.10). This is hard isn't it! Now you may say, "John Matthew, all I have to do is not eat much each day (1000 Calories Less Each Day) for a week and I will shed 2 pounds per week, right? No problem, John Matthew I can do that!" Cool! I hope it is a breeze for you. Smiles... Well, You may want to consider a few things that have worked for me, Ok? You may want to start with asking yourself these questions: What portion size do I eat; when do I eat and what kinds of foods do I eat? You see it isn't only about not eating a certain

amount, or if you would rather say it this way, only decreasing a 1000 calories per day consistently on average for a week; but it is also about providing your body with the Highest Possible Nourishment during the week while still shedding 2 pounds! This is the real Challenge! This is where the Ultra-Mini-Meal has helped me: And I hope can help you! For example, let's say that you would like to have a Boiled Egg; Orange Juice; and some Skim Milk for breakfast: Ok? The Boiled Egg is 70kcal and would classify as a mini-Meal, right? Well, instead of having 1 cup of Orange Juice and 1 cup of Skim Milk; instead you can have 2 Ultra-Mini-Meals. You can have 1/3 cup of Orange Juice $110/3=37$ kcal; and 1/3 cup of Skim Milk $80/3=27$ kcal. You can also classify the Boiled Egg by itself as your Ultra-Mini-Meal! I have found these ultra-mini meals keep my metabolism revved. What determines a Main or Major; Minor or Mini; or Ultra-mini meal? Well, I classify them as such: Main or Major=Any Caloric Intake above your Hourly RMR (Resting Metabolic Rate); Minor or Mini=Any Caloric Intake that is below your Hourly RMR; and Ultra-Mini =2 or more meals that are still below your Hourly RMR. You may say, why break it up in this way? Why not?

Food For Thought

At this time, you may want to do some 'Research' on why have smaller meals more often throughout the day: Ok? You can 'Research' on the 'Internet'; phone a friend to discuss it; or contact a 'Weight Specialist' near you: Ok? Smiles...

Let us continue on, Ok? The point I'm trying to make is that we can be creative with how we use up our Hourly-Daily-Caloric-Intake. Try to be reasonable with yourself, Ok? In other words, you may want to work up to the Ultra-Mini-Meals! Smiles...

Now another thing I would like to share with you when I eat Major-Mini-and-Ultra-Meals. Major-Meals are eaten every 4 to 6 hours. Mini-Meals are between 2 to 4 hours, and finally Ultra-Meals are 30 minutes to 2 hours. Always try to remember to write down what you eat, Ok? Be sure to write down the time you eat, too! And, finally be sure to put An Honest All Heart Effort into trying to stay within your Calculated Total Daily Caloric Intake!

Whew! Are you still there? You have almost made it through the booklet! Hang in there, Ok? My hope for you is that this insight into My Eating Practice may be helpful to Your Eating Practice! Enjoy...Trust...Have Fun...Be Creative... Imagine... Wonder... Many...many...Smiles...

RECIPE: Make Ahead Filling:

A fully prepared 'Dish' that you can either add to a Organic Sauce for Pasta, use later for tortillas, or use in a breakfast with Organic Egg Beaters. Be sure to be creative! Are you 'Tapped Into Your Inner-Child'?

You need a large skillet. You need 2 to 4 different kinds of Chicken Sausages. You can even use a mild-Italian sausage if you would like.

Spray entire large skillet with Organic Olive Oil Spray.

Add Italian Seasoning covering entire skillet lightly.

Cut up 10 Organic Baby Carrots and put in skillet.

Add Pepper.

Add Salt if you'd like.

Add 2 to 4 tablespoons of Mild or Medium Salsa.

Add 1/4 cup of Organic Red Merlot Wine.

Add 1/2 tablespoon of Butter.

Add 1/2 cup of organic Chicken Broth low sodium.

Cover skillet and put heat on medium.

Cook until carrots soften a little. Be sure not to overcook: Ok?

Turn heat to low. Take sausage meat out of sausage casings and add to skillet.

Cook on medium until meat is almost done.

Add One Bag of Frozen Organic Bell Peppers

Cover and cook on medium high, stirring until Bell Peppers soften a little.

Turn heat to low to medium and cover and cook for about 10 to 15 minutes or until meat is fully cooked. Remove lid and stir everything together. Cover and turn off heat and let sit until it cools some. Enjoy!

The neat thing about this Recipe is that you have meat that is already prepared. It's delicious too! And the savory smell that it gives your home is incredible! You can use this prepared dish throughout your week to make tortillas with. When you make your tortillas you can add Goat Cheese or some other cheese if you'd like. You can heat on Broil. Spray the tortilla with some Organic Olive Oil Spray and have a meal that is not only very delicious but very nutritious and fast as well! Smiles...

Conclusion

This is your Eating Practice if you CHOOSE! This is My Eating Practice! This can be Our Eating Practice! As discussed in the CD's of "True Love Must Be Priority-Secrets Revealed", a Life Practice is cultivated and developed. As we practice our Eating Practice with is part of our Life Practice, more and more with An Honest All Heart Effort by having a notebook and writing down what we eat for 30-days straight and keeping track of Daily Caloric Intake. In doing so, we are cultivating skill of our Eating Practice by practicing it. That is to say, we need the notebook! At the top of paper in the notebook, we write down our Daily Caloric Intake, Ok? This is our Total Daily Caloric Intake for the day. It includes any physical exertions for the day, as well as any mental exertions, and stresses-whether emotional or mental we have calculated for the day! This notebook can also be used for our Journal of the Daily Life Practice of Allowing True Love To Be our Number One and Only Priority, too!

As we cultivate our skill with our Eating Practice more and more our practice become more and more developed. It is what we allow our 'Inner-Child' to wonder and be creative with! WE DREAM! It's empowering! It promotes autonomy! This is your Eating Practice! This is my Eating Practice! This is our Eating Practice! We know what we like best! We have needs, wants and desires. And always remember, nothing is off limits with our Eating Practice. You choose! I choose! We choose! It is our choice! There are no 'We have to eat this' or 'are not allowed to eat this or that! No rights or wrongs NECESSARILY, Ok! No good or bad, NECESSARILY! We CHOOSE! Nothing is necessarily off-limits, Ok? If there are particular kinds of foods that we want; need; or desire, we build them into our Daily Caloric Intake, Ok? I CHOOSE! You CHOOSE! We CHOOSE!

REMINDER: the Three Master Keys of our Eating Practice: Portion size; what you eat; and when you eat!

We also have our Major or Main Meals; Mini or Minor Meals; and the Ultra-Mini Meals to help us stay on track, right? We can write down everyday our Total Daily Caloric Intake at the top as well as the particular nourishment we have and the time and date; whether we have a Major or Main Meal, Minor or Mini Meal, or even an Ultra-Mini Meal next to the particular food! This is so Cool, isn't it?

But, we must always try to be sure that we remember our commitment to True Love Must Be Priority, Ok? We are now cultivating and developing an Internal Standard! This Internal Standard of True Love As Priority is considered with An Honest All Heart Effort! This is what we are Accountable and Responsible to! So, with our Eating Practice as a part of our Life Practice, we practice An Honest All Heart Effort to allow our body to reflect our Internal Standard in any or every way! Keep in mind this question: When I consider what I need; want; and desire; am I nourishing my Body with the Highest Quality Nutrition Possible? Now, We are equipped to choose! Smiles...

Allowing True Love to have its way gives us prioritized living! I RECEIVE! You RECEIVE! We RECEIVE! We must always remember that True Love nourishes; supports; feeds; encourages; moves; inspires; fills; prepares; focuses; calls; beckons; persuades; guides; directs; leads; and owns and more... 'You-Me-and-Us'! And as we practice more and more True Love As our Number One and Only Priority, we will continue to experience more Wholeness; Fullness; Completeness; Totality; and Oneness; so much so, that we will feel more and more, of what I call, Energy Surplus!

Your Eating Practice will be more and more healthy in its balance for you! In other words, you will experience less and less and less extremes of one end to the other.

Let us share our Eating Practice with a trusted friend, Ok? We can share with a Physician or a Weight Specialist! We can share with our spouse and children, friends and co-workers, and extended family! In sharing our Eating Practice we can express CARE AND CONCERN FOR OTHERS in and through True Love As Our Number One and Only Priority! Smiles...

Let us REMEMBER to do diligence, Ok? Research. Focus. Prepare. If we choose to drink alcohol, let us drink it with True Love as Priority! And keep in mind, when we do drink alcohol, we may be depleting necessary vitamins and minerals!

Let us keep in mind that WE now have an Internal Standard that is True Love Must Be Priority! We now, can weigh everything and anything up against this Internal Standard! We now have a Purpose, that is to Share! And a Mission, that is to promote more Intimacy (shared vulnerability); share in more experienced closeness; and finally, to share in more deepened connection with all things.

Let us allow our Inner-Child to be known. Let us Share! Let everyone, including ourselves, to be involved with knowing that

the sharing of Imagination, Creativity, Wonder, is to be practiced! Let us Dream! Let us be open and willing to be responsive to The Beckoning, The Call of True Love so that it may become more and more there for us. True Love Must Be Our Number One and Only Priority in our lives! And, may we always remember to have Fun, Fun, Fun! This is YOUR EATING PRACTICE! This is MY EATING PRACTICE! This is OUR EATING PRACTICE! May we continue on with An Honest All Heart Effort, Ok? This is Empowering For US! Yes! It Empowers YOU! It Empowers ME! It Empowers US! Let us Trust & Enjoy!

HIP, HIP, HORRAH! YOU MADE IT THROUGH THE EATING PRACTICE BOOKLET! YOU ARE FLYING! CONGRATULATIONS GALORE! YOU NEED TO CELEBRATE, OK? MAYBE A LITTLE ORGANIC RED WINE AND GOAT CHEESE! A HAPPY DANCE MAY BE IN ORDER, TOO! LET US BE SURE TO KEEP OUR EATING PRACTICE WELL DEVELOPED! WE NEVER KNOW WHERE WE MAY BE FLYING TO NEXT? YIPPPPPPEEEEE!

RECIPE: Quick and Easy 'Main or Major Meal'...410 Calories!

1 Organic Tortilla (145 Calories)

Heat up very thin slice of Butter (20 calories) and put on Tortilla Sprinkle Organic Pepper and Organic Mixed Italian Seasoning (Organic Oregano, Organic Marjoram, Organic Thyme, Organic Basil, Organic Rosemary, Organic Sage)

Smooth less than 1oz (40 calories) of Goat Cheese on Tortilla 1/4 cup of Chicken Sausage (75 calories) Pre-cooked Sprinkle a little (10 calories) 'All Natural Parmesan Cheese' on Tortilla

Add 2 TBSP (10 calories) of Organic Salsa

Spread a small amount Kalamata Olive Tapenade on Top of Tortilla (15 calories)

Add 2 Fresh Crushed Cloves of Garlic on top

Sprinkle a little 1/8 cup of Organic Mozzarella Cheese on top Of Tortilla (20 calories)

If you like it extra 'Spicy' sprinkle some Cayenne Pepper on top of Tortilla

Place in oven and Broil. Watch carefully for Tortilla to brown and Mozzarella Cheese to melt...ENJOY...

Great with Organic Red Wine...1oz or less...Smiles

Many Smiles to all of you...As your Coach, I encourage you to continue to Allow True Love To Be Your Number One And Only Priority... May I continue to allow 'True Love To Be My Number One and Only Priority, too! My hope for you is that you will Develop a Highly Skilled Eating Practice! And finally, I hope that this Eating Practice Booklet is very rewarding for all...

This is only some of what I would like to share with you... My hope is that we can meet real soon! I look forward to meeting all of you LIVE! John Matthew Martin...

Dawn B., PH.D. Marks, Allan D. Marks, Colleen M. Smith, *Basic Medical Biochemistry: A Clinical Approach* (Lippincott Williams & Wilkins)