



Health Beet

Portion Control Diet Guidelines

Welcome!

Welcome to the Portion Control Diet. The only food plan that uses environmental changes to practice effortless portion control.

I encourage you to get everyone in your household involved, regardless of who will benefit from weight loss. This program will benefit everyone to getting them to their healthiest weight.

THE GUIDELINES

Making food decisions can fatigue your willpower. When you aren't confronted with a plate of cookies, chances are almost 0% you will eat a plate of cookies. Controlling your environment therefore is the #1 easiest thing you can do to control what you eat, most of the time. The other times that you may not have control over what is served to you can therefore be used to make informed decisions.

BEFORE YOU BEGIN:

To create a food environment for success, start with this checklist of real world, proven strategies before you begin the program:

- Clean out the pantry** and cupboards of any treats containing more than 5 grams of sugar, or High Fructose Corn Syrup.
- Donate or remove packaged snack foods** that you have a history of eating out of the box, on your way out the door, or in front of the television. This could include crackers, cereal, trail mix, etc.
- Place all food out of view.** Do not leave packages on the counter. If all your food won't fit in a cupboard or pantry, choose any closet in the house to put it out of sight.
- Stock your fridge and pantry** with whole foods from the food list. Choose your favorite foods from every food group.

- **Schedule meal times and announce you will close the kitchen between meals.** While I'm allowing 1 snack per day on this plan to ease you into a new lifestyle, the goal is actually no snacks! Just like our grandmother's day when 3 meals per day was normal, we will all be healthier if we can return to this. The evidence for fasting between meals to lower our insulin and insulin sensitivity may be the single easiest way to reduce weight. Our digestion gets a break long enough to use our meal for fuel, before we re-feed.
- **Get your portion control plates.** These portion control plates have been so effective for weight loss for two major reasons. First, they remind you at each and every single meal that your goal is balance. Eating from all the food groups will make it easier avoid grazing all day, while you mentally search for those nutrients you are lacking. And second, it forces you to sit at the table, and have a real meal! No walking around with your food, or eating in the car. Using the right size plates, at a table, can help you get control over your eating. (get these for 10% off during the challenge!)

Begin the Program

PORTION CONTROL

The Portion Control Diet focuses on what healthy food to include on your plates, rather than the food that should be eliminated. Filling up on positive foods will have a bigger long term impact than trying to go without foods temporarily.

Eat from each food group, at each meal:

- For breakfast, include a protein, grain, fruit, and vegetable.
- At lunch and dinner, do the same.
- Minimum of 3 servings of protein, 3 grains, 3 fruits, and 3 vegetables each day. You can double the servings at each meal, as long as you stick to meal time, and not use between meals to catch up.

Spacing out these portions at each meal throughout the day, is critical for optimal energy, and nutrient absorption. Three regular meals will help regulate blood sugar, insulin, protein uptake and more.

Put a checkmark on the tracker each day if you ate from each food group at each meal.

Choose an end of meal ritual.

The amount of food is going to feel unsatisfying for the first few days. You may think you need dessert, or to go back for leftovers once you have cleaned up the kitchen. Practice ending your meal with a habit you can maintain. Whether it's brushing your teeth, having a small piece of chocolate, going on a walk, or cleaning and closing the kitchen, ending your meal will prevent you from continuing to return to the pantry, foraging for more.

Drink 8 glasses of Water per day.

For the next 30 days, put a checkmark on the tracker for each day you consume 8 glasses of water.

BEHAVIOR CHANGES

No snacking, except one planned snack per day.

Snacks generally are eaten on the go, in a hurry, out of a box, and with very little intention. By eating three meals and one snack during the day when you can sit with your food in a meaningful, fully attentive way, you can taste, enjoy, and be satisfied by your meals. Grazing causes most people, who struggle with their weight, to overeat. Surprisingly, when you stop thinking about food between meals, you can participate more fully in life

Don't eat 2-3 hours before bed.

Grazing or snacking after dinner is almost always happens after you've eaten enough calories for the day. Once dinner is complete, it's OK to close the kitchen and give your digestion a break from the day.

Get activity daily.

Do something that elevates your heart rate every single day. People of all ages and sizes can benefit from cardiovascular activity. It not only strengthens your heart, but is often called the "invisible insulin" because it helps your cells become more sensitive to using the glucose your body needs for energy.

Move after dinner.

Getting into the habit of doing something active after your last meal of the day can help keep weight in healthy ranges. Most families like to walk the dog, walk around the block, ride bikes, or rollerblade. But if your neighborhood isn't great for that, playing active games like Twister, Dance-Dance Revolution, or Wii sports works too. Just get moving.

Write daily in a journal.

Keeping a journal is therapeutic on many levels. Reducing stress, boosting mood, and understanding emotions are better on paper than in a bowl of ice cream.

The Resources

- Meal Ideas and recipes
- Healthy Weight Habits Tracker
- Portion Plan Food Lists
- [Portion Control Plates](#)

Enter to win \$1500 in cash!

I'm so excited to share the Portion Control Movement and how my plates help you stick with your goals. But, I need your success stories to do it! To be eligible for the prize:

- Share your transformation story with me before the end of the year of how you or your family got closer to your healthiest weight by using the portion control plates.
- Live in the US or Canada
- Submit a photo of a meal on one of our portion plates.
- [SUBMIT YOUR STORY AND PICTURES HERE TO ENTER FOR THE GRAND PRIZE](#)

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