



The Action Points

1. Moderate the amount of protein in your diet to fall within 20 to 30 percent of your total calories

Aim for a blend of both animal and plant proteins. Avoid all protein bars and protein shakes and protein powders.

2. Drop the processed foods

The most important thing, more important than the percentage carbs, is to eat real, unprocessed foods. Fast food and junk foods are characterized by one main thing – they are hyper processed and ultra-refined. The refining allows foods to circumvent our natural satiety signals.

3. Ignite your love of vegetables

Your mother was right. Your grandmother was right. You should eat vegetables, particularly the non starchy kind that grows above the ground. There are many ways to cook them. Mushrooms, like portobellos, can often replace meat in recipes. You can stir fry vegetables, or use them in a curry. Roasting vegetables like brussel sprouts add new depths of flavor.