

Introducing The PEERtrainer Cheat System!

A Simple Guide To
Healthy and Long Term
Weight Loss

***Now with 4 new
Breakfast Shake
Recipes Including:

- Chocolate RaspberryTorte!
- Carrot Cake Smoothie!
- Orange Creamsicle

PEERtrainer™

<http://www.peertrainer.com>

By:
Jackie Wicks
& the PEERtrainer Team

This information is intended for the sole purpose of participants in PEERtrainer. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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Welcome To The PEERtrainer “Cheat” System!

Our “Failure Proof” Guide To Healthy Eating

Welcome. I'm so excited to share this with you because I know you'll find some relief in these pages. There is a lot of pain and frustration out there and I hear it every day. As the founder of PEERtrainer, I get emails or read thoughts in logs that say, **“I've already cheated this morning. My day is shot.**

What's the point?”

I used to think the same thing. I would get up, be late, need “energy” for a meeting and get a bacon egg and cheese sandwich and a large latte. In the moment, I would think, “ugh, I cheated again.” And I would beat myself up. I wanted this so badly. I wanted to get back in my pre-pregnancy clothes so why was I cheating again?

I realized over time that the most important thing was to remember there is always some room for mistakes and slip-ups. Beating myself up didn't get me anywhere but another bad choice at lunch. Or an excuse to skip the gym and hang out on the sofa.

People “cheat” and then they quit and they desperately want a plan that works for them. As I built PEERtrainer, I began to put in place a plan that worked for me, a plan that essentially combined three pillars:

1. **High Nutrient Eating.** Eating foods with a high density of nutrients, i.e. vegetables, the green leafy kind that are the key to feeling full and improving health.
2. **Eating For Energy.** If I don't have energy, even the tiniest thing like doing the dishes seems overwhelming. I've lost years of my life because of low energy.
3. **An Easy Way To “Eye” Portion Control.** For the times when I was out and eating with wine and dessert and wanted a sense of how much I was overdoing it.

I found if I satisfied these three pillars, I never felt like I was dieting. It was something I could stick to for the long term – basically, I learned the best of the best of all of the diets and fused what worked for me together: I called this approach “Diet Fusion.” I’ve encouraged people to use this as a very general concept and find “what works for them.”

Personally, I want to be healthy, but I don’t want to be one of those people who is hard on myself and hard on others. When I am out and about, I don’t want to make demands on a host, and I don’t want to make it impossible for myself to eat and take care of kids and everything else that goes with it. But what I do is strike a balance, and I have developed a “system” over the years to do this.

Important Disclaimer!!

The most important thing to communicate is that this system is not written in stone. Some people are doing GREAT with whatever plan they are on. However, I am seeing many people struggle with strict systems, plans and programs. This will sound like a broken record to those of you who have been around PEERtrainer for many years, but the single biggest enemy of successful weight loss is frustration and discouragement.

This frustration and discouragement is often a result of when people feel like they “cheat” on whatever path or program they are on. (Usually a plan or program that insists that theirs is THE solution to your problems.) This “cheating” leads to the wheels coming off, usually over the course of the day.

I began to think, How do you create a very basic framework that leads to a gentle shift over time? A simple system that is easy to follow, that doesn’t lead to people feeling badly about themselves. And most importantly, a system that helps to promote better health over the long term.

Often, when I explain the details of my system to people, they say, ***“is there any way you can just give me a list of things to eat and things to not eat?”*** So what I have done with the team at PEERtrainer is put together a simple two column list that is combined with a very simple set of instructions.

I began to think about the actual words people were using in their communication with us. I thought what if you could cheat? What if you **could** cheat and actually lose weight, stay on track and improve your health? How could you make this “real world compatible” that “real people” could use and actually do in a close to fail - proof way?

What do we mean when we say “real people”? What we mean is people who really want to lose weight but who have jobs, and lives and families and so they have to find a real, practical way to make it work in their lives.

Sure weight loss has to be safe, and healthy and smart; but it also has to be really practical or it simply will not happen.

I'm sure you've had the experience of going and buying the latest, greatest miracle diet/exercise/lifestyle makeover best seller that promises to be the ultimate solution. You're excited, but of course this is finally going to be it, right?

It looks great when you're thumbing through it at Barnes and Noble! The recipes sound great, the success stories are inspiring, and oh my, isn't the author cute?!

But then Monday morning comes and you've got to race to get your daughter to school so you can get to work on time. You have a crazy day at work with a boss that drives you nuts, you

have to get to the dry cleaners and pharmacy before you finally getting home at 6, and then what happens?

That recipe from the new book looks fantastic, but do I really have the time or energy (or even interest at that point) to cook pistachio-crusted tilapia, rosemary, olive-oil potatoes and organic string beans? But the book made it all look so easy! What went wrong?

The problem that we see over and over again is that the latest, greatest diet plans require so much time and effort just to get off the ground, that most people never even make it onto the runway!

One of the things that happens is they endlessly try to get themselves pumped up to “make this time different”. They contemplate for weeks, they plan out their diet strategy, they try to get themselves psyched up to “really do it now and keep it off for good”, but then it lasts for three days ... okay, maybe a week or two.

And then they're back in the same, “get myself pumped up, only to then feel frustrated and helpless and wonder if I'll ever be able to get this weight off my body” cycle.

So before we show you the fundamentals of the diet plan, here are a few key concepts that we really want you to think about:

1. **It shouldn't feel like you're about to be led to a guillotine.** This is building on what we just said before. If you're spending a lot of mental and emotional energy trying to get yourself psyched up for your “greatest weight-loss success in years”, chances are you're already setting yourself up for failure because of the anxiety you're creating. Your success is going to come from changing some fundamental habits that

you make an ordinary part of your life. If your diet becomes something extraordinary – meaning something outside of the normal flow of your life – it's extremely hard to sustain.

Think of it like running. It's normal to run 2-3 miles a day, a few times a week. It's not normal to run a marathon every day. Your dieting can't be like a marathon in the sense that you make it an extraordinary event that requires so much build up and preparation. It needs to be like an ordinary event that you start to make a normal part of your life. When you approach it like a marathon, you overwhelm yourself with anxiety. It feels like you're going to be led off to a guillotine on Monday morning when your diet begins.

If you find yourself saying, "Oh my God I have to do it" as you're approaching your diet, you're off track. Stop freaking yourself out this way!

2. **What you've done in the past has gotten you to exactly where you are today.** This sounds so simple but it's so important. You may find yourself wondering why you struggle so much. Why it's so hard to finally ditch this extra weight. Why it seems so easy and effortless for others – like it's their second nature to be thin – and you struggle so endlessly to make any kind of lasting progress. Well, we're going to show you how to break this cycle, but as you're getting there, it's really important to remember this fact. You are where you are now because of what you've done up until this point.

The sum of your past behaviors is EXACTLY what has gotten you to your current results. It's very simple math, actually, and you don't have to investigate it very intensely. All the info you're looking for is right in front of you.

It's easy to dismiss the individual things you do and convince yourself that they are not the culprit. And the truth is that your coffee in the morning alone may not be the culprit. But when you combine it with all the other habits you may have in place (sandwiches and french fries a couple days a week, a few glasses of wine at night, dessert on weekends, appetizers when you're out for drinks with your friends, and the list goes on...) you can see the collection of food choices that has gotten you to here. It's straightforward math: the sum of your old habits = your current result.

This is NOT something you should beat yourself up about. However, you have to really understand that if you want a different result, you have to start doing different stuff.

Well, there may be one thing you should beat yourself up about, actually, and that's letting yourself get hopeless! NEVER let yourself get hopeless. You can change the situation you're in, 100% GUARANTEED. It's just going to require an openness to doing things differently.

Don't worry, though, you've wound up in the right place, because we're going to show you how.

3. **It's good to have a roadmap. Scratch that – it's CRITICAL to have a roadmap.** No matter how much you commit to getting it done, unless you planned it out 100% perfectly and you have very little stress, you are going to have pit falls. It is just a part of life; if you're aren't prepared to deal with those pitfalls, then you're dead in the water. There is always going to be temptation around you. There is always going to be end of season soccer team party, the donuts in the kitchen at work, and the weekend

BBQ's with sausage, ribs, triple cream cheese spread, drinks galore, nachos, guacamole and everything else under the sun.

So you have to have your roadmap that keeps you focused and on track when those temptations abound. You want to be able to enjoy them from time to time without going off the deep end. You have to have a way to build these types events into your normal lifestyle or you will find yourself continually frustrated – that's a fact. Our CHEATS system will give you that road map. It'll show you a simple way to keep track of your portions and consumption without having to deprive and starve yourself. It's important to get that people who don't think they need some roadmaps for keeping their portions in control are the exact same people who are continuously frustrated with “doing everything right and not seeing results”.

4. **Willpower is not enough.** Willpower is not a realistic or effective long-term weight loss strategy. It almost always a story with an unhappy ending. If you're white-knuckling it, the tension will eventually become too much and the rubber band will snap back in the other direction – hard. You no longer have to have this massive discipline, because your discipline is going to go out the window the second your daughter comes home from school and starts flipping out on you.

What this means is you need a plan that keeps you well-fed and happy. When you deprive yourself, food is always on your mind. When you're well fed with healthy, high-nutrient foods you're not thinking about food. You're just living your life, and that's a good thing. That's where we will be taking you.

5. **Be Patient and Persistent.** Like we were just saying, you have to break the cycle of beating yourself up. You will be successful, but it's going to require some patience and persistence. You can't cut your carbs down for a week (or at least think you cut your carbs down for a week – no offense, but we can kid ourselves pretty easily) and then feel discouraged and give up if the scale doesn't move. All that does is further cement you in the faulty belief that it's not possible for you. Rubbish. You CAN do this, but you have to be smart about it. It's not an overnight process (not if you want to have real, lasting results, that is). It may take a bit longer to build the habits you need that will get you there so take a deep breath ... and now another ... and one more ... and smile and be easy on yourself. You need to treat yourself with at least as much compassion and understanding as you would a child who just spilled juice on his shirt and is crying because of it. Be easy on yourself and you'll get much further much quicker. Remember: Patience and Persistence!

Ready to “meet” your “cheats? Read on...

One Final Thing:

About PEERtrainer

I founded PEERtrainer in 2004 after realizing that after the height of my pregnancy weight, 185, I had only lost 20 pounds. After months of being at 165, it was evident that the myth of breastfeeding was only a myth, and I wasn't going to be one of the lucky ones. I knew what to do. I just wasn't doing it. A friend and I started emailing our daily food and workout habits back and forth with the hope that this would provide the accountability we needed. Two other friends joined us and the first "PEERtrainer group" was born. Buddy up and slim down worked.

Now, we have over 1 million people use PEERtrainer every single month. In the last month,



over 1,450,000 came to PEERtrainer. People want help. **They want answers.**

We've helped people over the years and our success stories have been featured in PEOPLE and Good Morning America. We were even ranked as one of the Best in Support by the US News & World Report. PEERtrainer has become a weight loss lab with the collective sharing what works for them. There is no one person or approach that works. I'm not the end all. No one is. You have to learn the basics and make it work for you.

I have finally lost all of the pregnancy weight and a few more. I'm 5'5 and I'm between 119 and 123 pounds and I don't live in the gym. I'm more comfortable with my body than I ever was at 20.

In these pages you'll see who I am and how I did it. This is just part 1 because if there's one thing I've learned, the more you learn when it comes to food and nutrition, the more you realize you don't know.

-- Jackie Wicks, cofounder, PEERtrainer

Introduction To The List!

What To Move Towards, What To Move Away From

Meet your CHEATS

Our primary objective with the “Cheats” system is that you a) don't feel like they can fail at this and b) you get on the path to a healthier diet.

Our experience is that when people start slow, it becomes doable and great things happen. We have a very generic target of 10 “Cheats” for this system. Some people will be above this range as they start, and that is totally ok. The objective here is that you feel as if you “can totally do this.”

Others will eat fewer Cheats than this. I find that when I am “on track” I eat about 6 Cheats per day. Our secondary objective is that over time you build in more and more foods from the left column. We will also be adding to our incentive system, to promote behaviors not commonly associated with “being on a diet.” As we go through this initial beta process, we will start to add those incentives in, and see how people respond to them.

Our overall objective is that this simple system will help you set the stage for feeling in control for the long term. There is a lot that can go into that, and at PEERtrainer we help you find the best ways to eat, move and think. When you successfully address all three of these “pillars” you get to a very good place. But first things first, and the most important “first thing” is that you start slow, go easy on yourself and forgive yourself relentlessly.

With all that said, let's get right into the diet plan. Our approach is very simple, and it's based on what we call CHEATS. What is a CHEAT? A CHEAT is basically the equivalent of 100 calories. We don't measure it any other way. No fat and fiber ratios you have to take into

consideration, no special exceptions you have to remember.

Now here's the good news. Some foods are CHEATS, and some aren't. You only have to count the CHEATS you eat during your day. So you have two columns: foods you can eat unlimited amounts of, and CHEATS. You get to eat 10 CHEATS each day.

We told you it was simple right? Well here's what it looks like. Think of this as your menu. You get to eat whatever you want in whatever quantities you want from the left side of the menu, and you get 10 CHEATS from the right side of the menu.

Welcome to "what works".

The List!

<p style="text-align: center;">LEFT SIDE: Unlimited foods: Eat As Much As You Can</p>	<p style="text-align: center;">RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY</p>
<p>The Best Bang For The Buck Vegetables: <i>These are the most bang for your buck and the ones that will fill you up the most!</i></p> <ul style="list-style-type: none"> Kale Collard Greens Mustard Greens Spinach Artichoke Cabbage Mixed greens Cucumber Leeks Scallions Artichokes Arugula Asparagus Broccoli Broccoli rabe Brussel sprouts Celery Chayote squash Chinese cabbage Napa Cabbage Endive French Beans Green beans Green cabbage Green onion 	<p>Wheat and Yeast Products:</p> <ul style="list-style-type: none"> Breads (all) Whole Meal Bread Pasta (all kinds) All Gluten Free products/breads

The List! (cont'd)

<p style="text-align: center;">LEFT SIDE: Unlimited foods: Eat As Much As You Can</p>	<p style="text-align: center;">RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY</p>
<p>The Best Bang For The Buck Vegetables: <i>These are the most bang for your buck (Cont'd)</i></p> <ul style="list-style-type: none"> Green peppers Mixed greens Leeks Lettuce Okra Peas Sno Peas Spinach Sprouts (<i>ALL</i>) Sugar snap peas Watercress Zucchini 	<p>Dairy Products:</p> <ul style="list-style-type: none"> Milk, all cream products Yoghurt Hard and Soft cheese, Cream cheese All Butter Substitutes Sour Cream
<p>More Vegetables:</p> <ul style="list-style-type: none"> Asparagus Carrots Mushrooms (<i>if you can, aim for shitake</i>) Onions, <i>All kinds including Bermuda, red onions, yellow onions, white, sweet</i> Tomatoes (Yellow and Red) Cauliflower Eggplant Garlic Ginger Jerusalem artickoke Jicama Kohlrabi Mushrooms 	<p>Sugar:</p> <ul style="list-style-type: none"> All Artificial Sweeteners Aspartame Saccharin Brown rice syrup Honey Fructose Corn Syrup Molasses Beet Sugar

The List! (cont'd)

LEFT SIDE: Unlimited foods: Eat As Much As You Can	RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY
<p>More: (Cont'd):</p> <ul style="list-style-type: none"> Parsnips Shallots Turnips Beets Radicchio Radishes Red bell peppers Red chili peppers Red peppers Rhubarb Squash Carrots Pumpkin Rutabagas Sweet potatoes Summer squash Winter Squash 	<p>The Jury Is Out Vegetables:</p> <ul style="list-style-type: none"> White And Red Potatoes Corn

The List! (cont'd)

LEFT SIDE: Unlimited foods: Eat As Much As You Can	RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY
<p>Fruits: <i>Only your first piece of fruit of the day.</i></p> <p><i>After one fruit a day, they become a cheat with the following exceptions which are unlimited and you can eat as much as you want:</i></p> <ul style="list-style-type: none"> Organic Raspberries Organic Blueberries Organic Strawberries Lemon Lime Grapefruit 	<p>Fruits*: With the exception of those listed on the left: raspberries, strawberries, blueberries, lime, lemon, grapefruit) – Yes, this is controversial.</p> <p>No question, fruits do have a broad array of nutrients but after your first piece of fruit for the day, they are a cheat.</p> <p>All Other Fruits</p>

The List! (cont'd)

LEFT SIDE: Unlimited foods: Eat As Much As You Can	RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY
<p>Beans: <i>(if using cans, make sure you rinse to get rid of the sodium)* See number 6 in FAQs</i></p> <ul style="list-style-type: none"> Chickpeas (Garbanzo) Red Beans Navy Beans Black Beans Lentils Lima Beans Edamame 	
<p>Animal Protein: <i>1st 4 oz serving of</i></p> <ul style="list-style-type: none"> Bison Organic Chicken Organic Fish (Salmon, etc) <p>Bean based protein:</p> <ul style="list-style-type: none"> Tempeh Tofu 	<p>Animal Protein:</p> <p>All animal proteins including beef, chicken, fish, lamb, pork, turkey etc) beyond the first serving</p> <ul style="list-style-type: none"> Oysters Liver Veal Eggs <p>All Soy Based Protein beyond the first serving</p>

The List! (cont'd)

<p style="text-align: center;">LEFT SIDE: Unlimited foods: Eat As Much As You Can</p>	<p style="text-align: center;">RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY</p>
<p>FATS: <i>(1 Item Below. Only 1)</i> 1/2 of an avocado OR 1 TBS of tahini OR 1 TBS of almond butter or 5 almonds OR 1 TBS of coconut oil OR 1/6 can of coconut milk OR 1/4 cup of Goat Milk OR 1/4 cup of Buttermilk OR 1 Cup Almond Milk</p> <p>OR 1 TBS olive Oil</p> <p>Seeds: OR 1 TBS Pumpkin Seed OR 1 TBS Sesame Seed OR 1 TBS Sunflower Seed Use the same rule all seeds</p> <p>Count anything beyond this.</p>	<p>FATS: <i>(After your 1 choice from the left)</i> All Oils Butter Corn Oil Margarine Sunflower oil Ghee Grapeseed Oil Flaxseed Oil Coconut Oil Cod Liver Oil Avocado Oil</p> <p>Nuts And Nut butters (ALL) Pistachios Peanuts Macademia Cashews walnuts Brazil Nuts Filberts Hazelnuts Pecans Soy Nuts</p> <p>Fruit: Avocado</p>

The List! (cont'd)

LEFT SIDE: Unlimited foods: Eat As Much As You Can	RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY
GRAINS*: (see number 6 in FAQs) Amaranth Quinoa Buckwheat	GRAINS: Rice, White, Brown, Black and Wild Millet Kasha Rye Oats Barley Kasha Oat Bran Spelt
Drinks: Green Tea Herbal Tea Water	Drinks: Coffee Black Tea Coke. All Soft Drinks Gatorade, Power Drinks, Mixes All no calorie drinks, including crystal light, diet sodas. <i>(Yes, they are counted. If you want to eat chemicals, you'll have to Cheat to do it).</i> Any drink that has added flavors, preservatives. All Alcohol Wine Beer All Spirits
	Chocolate, sweets, desserts, candy, etc. Snacks (popcorn) <i>When in doubt, look at the calories and make it a cheat.</i>

The List! (cont'd)

<p style="text-align: center;">LEFT SIDE: Unlimited foods: Eat As Much As You Can</p>	<p style="text-align: center;">RIGHT SIDE: CHEATS Stuff To Start Moving Away From When You Can Very easy: 1 cheat = 100 calories 10 CHEATS A DAY</p>
<p>Condiments/Spices: <i>This is what makes your vegetables taste good!</i></p> <ul style="list-style-type: none"> Sea Salt Mustard Lemon Jalapeno Red pepper flakes Curry seasoning Basil Cayenne Garlic Ginger Onion Rosemary, Sage, Thyme Salt Vinegar Cocoa Carob Tumeric <p><i>The list goes on and on. Take a trip to the spice section for inspiration. Expect to hear more from us about spices.</i></p>	<p>Condiments/Spices, Dressings, sauces, etc</p> <ul style="list-style-type: none"> Soy Sauce Mayonnaise Ketchup Jam Jelly Hummus Baba ghanoush and other similar spreads <p><i>Some of these are also considered fats but viewed as condiments so you will see some overlap.</i></p>

Incentives

How To Earn More Cheats!

1. If you consume a 1/2 pound of greens, you earn a 1/2 cheat for the day. You get a full cheat if you consume the 1/2 pound of greens after 5pm.

Quick reference of “Greens”:

- kale
- spinach
- collard greens
- mustard greens
- romaine

2. If you consume 1/2 pound of cruciferous vegetables, you earn a 1/2 cheat for the day. You get a full cheat if you consume the 1/2 pound of cruciferous vegetables after 5pm.

Quick reference of cruciferous vegetables:

- cauliflower
- broccoli
- brussel sprouts
- cabbage (all)
- collard greens
- kale
- bok choy
- arugula

Breakfast Shake Recipes!

Orange Creamsicle Shake

These are the best way to start your day and be successful on the Cheat System!

Each Shake recipe only has 1 cheat.

Orange Creamsicle

1 scoop of Vanilla pea/rice protein powder

1/2 a scoop of fiber

1 cup of Unsweetened Coconut Milk (you can get this in the refrigerated milk aisle. We prefer so Delious.

Be sure to buy unsweetened. You may substitute with Almond Milk

1/2 of a peeled orange

1/2 cup of filtered water

6 ice cubes

Directions:

Combine the coconut milk, orange and ice cubes

Turn on blender and blend for 30 seconds.

As it blends, SLOWLY add 1 scoop of pea/rice protein powder and KEEP BLENDING.

AS it BLENDS... Add the following:

fiber supplement. Optional: Add 1 tablespoon of chia seeds or flax

KEEP BLENDING. As it thickens, ADD up to another 1/2 Cup of water.

Enjoy!

*****Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne's Vegalite protein powder.**

You can purchase it here: <http://shop.peertrainer.com/shakes>

Breakfast Shake Recipes!

Carrot Cake Shake

By Wendy Solganik of Healthy Girls Kitchen

This shake recipe has 1 cheat.

Straight from Wendy!

“Carrot Cake Smoothie!

Combine

1 Cup of Coconut Milk (I used Almond Milk because that is what I prefer)

1/2 cup water

6 ice cubes

1 cup raw carrots (I used baby carrots that I had mistakenly put in the freezer, so they were raw but frozen)

a few dashes of cinnamon

a dash of nutmeg

a dash of cloves

Turn on blender and blend for 30 seconds

As it blends, add one scoop of Vanilla Vegalite or a pea/rice protein powder

Keep blending and add

1/2 Tbps of chia seeds or flaxmeal

and 1/2 scoop of medibulk or a fiber supplement”

****Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne’s Vegalite protein powder.**

You can purchase it here: <http://shop.peertrainer.com/shakes>

Breakfast Shake Recipes!

Chocolate Raspberry Torte

The Chocolate Raspberry Torte has 1 cheat.

1 scoop of Chocolate pea/rice protein powder

1/2 a scoop of fiber

1 cup of Unsweetened Coconut Milk (you can get this in the refrigerated milk aisle. We prefer so Deliiious.

Be sure to buy unsweeneted. You may substitute with Almond Milk

1 cup of Organic Raspberries

1/2 cup of filtered water

6 ice cubes

Directions:

Combine the coconut milk, raspberries

Turn on blender and blend for 30 seconds.

As it blends, SLOWLY add 1 scoop of pea/rice protein powder and KEEP BLENDING.

AS it BLENDS... Add the following:

fiber supplement. Optional: Add Nuts and Cinnamon

KEEP BLENDING. As it thickens, ADD up to another 1/2 Cup of water.

Enjoy!

****Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne's Vegalite protein powder.**

You can purchase it here: <http://shop.peertrainer.com/shakes>

Breakfast Shake Recipes!

Chocolate Brownie Shake!

The Chocolate Brownie Shake has 1 cheat.

1 scoop of Chocolate pea/rice protein powder

1/2 a scoop of fiber

1 cup of Unsweetened Coconut Milk (you can get this in the refrigerated milk aisle. We prefer so Deliiious.

Be sure to buy unsweetened. You may substitute with Almond Milk

1/2 cup of filtered water

6 ice cubes

Optional:

6 walnuts

Dash of cinnamon

handful of Kale (You won't even taste it! We promise!)

Directions:

Combine the coconut milk, ice cubes (Optional: and nuts, cinnamon, kale)

Turn on blender and blend for 30 seconds.

As it blends, SLOWLY add 1 scoop of pea/rice protein powder and KEEP BLENDING.

AS it BLENDS... Add the following:

fiber supplement. Optional: Add Nuts and Cinnamon

KEEP BLENDING. As it thickens, ADD up to another 1/2 Cup of water.

Enjoy!

****Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne's Vegalite protein powder.**

You can purchase it here: <http://shop.peertrainer.com/shakes>

FAQs

Frequently Asked Questions

1. I only get 10 CHEATS? That's only 1000 calories a day.

That's correct. But it's important to understand that this based on the premise that you're significantly increasing your food choices from the left column. So in truth you're eating more than 1000 calories a day. As you start to increase your vegetable consumption you'll probably start to find that you actually eat less than 10 cheats a day. Why? Because you'll be so satisfied from the high-nutrient foods you're eating from the left side of the menu that you simply won't need to eat as much from the right side.

You should begin aiming to eat 50% of your total food intake from the left side off the menu.

If you are only eating 10% from the left side of the menu, then you may find yourself hungry. You either then endure that discomfort or distraction, or you are going to have to increase from the right side of the menu. That's okay, but just understand that the scale will move a little slower. It's more simple math. The more you increase the foods from the left side of the menu, the quicker the scale numbers will go down. Picture a balancing scale: if you increase the grams on one side and the other would go up. This is no different.

2. Are there any foods that aren't on the list?

NO. You can eat every food, no matter what. All foods are either on the left or the right. You can either eat them until you can't take another bite, or they're a cheat. However, there are some foods we'd like you to start reducing in your diet:

- All kinds of wheat
- Dairy: We know many of you will ask about calcium. Learn to diversify your sources of calcium. Green vegetables are packed with calcium as well as the related nutrients needed to absorb the calcium.

FAQs

Frequently Asked Questions

- Smoked foods:
- Processed cold cuts
- Fruit (with the exception of those listed on the left: raspberries, strawberries, blueberries, lime, lemon, grapefruit)
- High Fructose Corn Syrup and ALL other processed chemicals and sugar substitutes
- Peanut butter and cashew butter. Whenever you can, swap almonds for peanuts.
- Soy products

Why are we asking you to reduce your intake of these foods?

This is a results based diet. We've arrived at this list through careful observation over many years. If you increase the vegetables and decrease the processed foods and chemicals, your body simply runs better. This is not rocket science.

What we're trying to do here is get you to think differently about every meal. Instead of thinking, we're having roast beef tonight, what vegetable should we have on the side we want you to think, what kind of soup or salad are we having and what cheats can we have on the side? Think of the cheats as the "side". Think of the left side of the list as the main meal.

3. Are there any foods that can increase the speed of my weight loss efforts?

Vegetables, vegetables, vegetables. We can't say it enough.

FAQs

Frequently Asked Questions

One thing we've learned is that there is a strong correlation between health and weight loss. We know a lot of health gurus. Here's the secret: it takes time to get your health back in order. People abuse their bodies for 25 years and think they can go on a 6 week natural health cleanse and all will be well. This is not the case. Give yourself 5 years. This isn't something you stick to and fail and then feel badly about yourself. This is a long term deal.

4. Why aren't we counting fat and fiber?

Because if you're eating 50% from the left side of the menu, it just isn't relevant. Try it out – you'll see.

5. Will this work for guys?

Yes. If you're a big guy and are very active you may find yourself adding a few CHEATS and going up to 15. The scale may move a bit slower, but you'll have to test it out and figure out what works best for your body and energy level. Some men find that when they are in the groove, they eat less than 10 CHEATS most days because the staples come from the left side of the menu: sweet potatoes, beans, vegetables, and various soups. This is what gives great energy all day, and keeps them satisfied. Add some meat, grains, sprouted-grain bread and peanut-butter from the right side of the menu, and it's a 15 point day.

******6. ALERT!** The 'Beans' and 'Grains' listed on the left are an unlimited food, however some people can't digest beans at all, and some are at an advanced level and find that weight loss isn't moving as quickly as they like. If you feel lethargic or just not quite right after beans, work on reducing or limiting completely from your diet. If you find that your weight loss is not moving as quickly as you like, start counting each 100 calorie portion of beans and grains on the left as 1 cheat.

What's Next:

Resources

- Recipe book that incorporates the cheat system concepts:

The Magic Fridge: The PEERtrainer Guide to Hunger Free Weight Loss

Easy, fast, healthy great tasting foods, always in the fridge, ready to eat:

http://blog.peertrainer.com/tip_of_the_day/2010/11/the-magic-fridge-the-peertrainer-guide-to-hunger-free-weight-loss.html

- **PEERtrainer Point Of No Return Program:** 12 week program that gives you the fundamentals of how people successfully lose weight for the long term. Each week you are guided and supported as we provide a structure that gets you to the Point Of No Return and mastery of weight loss: <http://www.peertrainer.com/coaching>

- **Pea/Rice Protein Powder for the Breakfast Shakes: Make sure that your pea/rice protein powder has at least 20 grams of protein and less than 1 gram of sugar. Be sure that there are no additives, flavorings, etc. We highly recommend our partner, Thorne's Vegalite protein powder. You can purchase it here: <http://shop.peertrainer.com/shakes>**

- **Fiber Supplement: We highly recommend our partner, Thorne's Medibulk: You can purchase it here: <http://shop.peertrainer.com/shakes>**

Let us know about your successes! Email us at jmw@peertrainer.com.

Warm Regards,

Jackie Wicks and The PEERtrainer Team