ShareFit 5-Diet

Dairy-Free

1600 Calorie Menu Plan

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ShareFit FAQs and How-To's

How does this diet work?

All effective diets work by reducing the number of Calories you consume to promote weight loss. Weight gain occurs when you consume more Calories than your body needs to maintain an appropriate weight.

For example, the average American woman is 5'4 inches tall and weighs 166 lbs, which provides a BMI of 28.5, or overweight. A BMI of 25 classifies an individual as overweight, while a BMI of 30 or greater indicates obesity.

As this woman is overweight, she has consumed more Calories than her body needs to sustain an appropriate weight for her height and activity levels. An appropriate weight for her height would be 110-130 lbs. Therefore, to achieve a weight in that range, she will need to reduce her Caloric intake and increase her activity to achieve and then maintain her goals.

The most integral component of weight loss is Caloric tracking.

Caloric tracking is also known as "food journaling" or a "food diary", and involves measuring and recording Calorie content of each meal, snack, and beverage you consume.

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While it may seem easy and effective to simply “eyeball” or estimate a portion size, don’t! Even experts struggle to serve appropriate portion sizes, and even small amounts of extra Calories add up over time. If you were to be “off” by just 25 Calories at each meal, **you could potentially gain over seven pounds a year.**

Use measuring cups and spoons to measure and record everything you consume (aside from water and other zero-Calorie beverages and green vegetables). If you’re unsure of the number of Calories in an item, **ShareFit**’s online tools can help you keep track and stay accountable. It’s the most reputable calorie database on the internet, featuring a limitless array of items, brands and support.

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Do I track as I go or in plan advance?

It's best to plan ahead to avoid anxiety and promote confidence in your ability to carry out those plans to goal fulfillment. It's also possible to track Calories as you move through your day, but for many people this ambiguity leads to binge eating and temptation, whereas a concrete plan provides a roadmap to success. **You can either plan for an entire week or one day at a time.**

Simply add the Calories of your three preferred meal selections, and then subtract the total meal Calories from your daily Calorie goal.

For example, if you chose to consume three 300 Calorie meal options, you would arrive at a total meal Calorie content of 900 Calories. Then, depending on your daily Calorie goal (1600 or 2000 Calories), you would subtract the caloric content of your meal contributions from that goal.

So, on a diet of 2000 Calories, you'd have 1100 Calories left over for extras, like snacks, treats, condiments, or add-ons. On a diet of 1600 Calories, 700 Calories would remain for extras.

Why are some of the recipes in my plan lower in Calories than others?

The Calorie content of meals in your plan may vary by as many as 150 Calories.

This is to offer the flexibility to choose meals that are lower in Calories, in order to save Calories for a larger meal, snack, or treat later in the day.

You may also choose to add additional condiments or side dishes to meals in lieu of snacks, treats, or larger meals later on.

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My meals only add up to 900 Calories. What do I do with my other Calories?

All of our meal plans feature meals ranging from 280-490 Calories, with the purpose of allowing clients “leftover” Calories once breakfast, lunch, and dinner are accounted for.

To plan your day and account for leftover Calories, add the total Calories you will be consuming from meals and subtract the total from your daily goal- the amount of leftover Calories will be your quota for daily extras.

Leftover Calories are intended to be used for dietary “extras”- snacks, side-dishes, condiments, and treats. You can and should include items in your diet that provide you with satisfaction and pleasure: a balanced diet is about moderation.

Common uses for leftover Calories include treats and desserts, snacks, condiments, added sugar, and Caloric beverages, such as alcohol, juice, or milk in coffee.

It is important to account for the portion size and Calories of your extra food items by measuring portion sizes and recording Calorie content in your food journal.

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What are some good snack options?

Snacks should be healthy, filling options that align with your Caloric needs for the day.

The most satiating items are generally fruits, vegetables, and other foods already included in your plan.

However, if there are other items you prefer, you should incorporate those as well, even if they aren't the "healthiest" option available.

Your main meals ensure that you're getting a balanced array of nutrients and adequate vegetable consumption- your "extra" Calories ensure that you're consuming enough of the foods you enjoy that you can stick with your plan and moderate Calories long-term without feeling deprived.

If you're struggling for ideas, the following options are all healthy, filling snack choices:

Cut vegetables
Salad
Fruit
Vegan Yogurt
Nuts
Tuna Fish
Turkey or Ham Deli Slice
Hummus

So what would a typical day look like in my food journal?

Assuming a 1600 Calorie diet,
a typical day may appear as follows:

Main Meals

Greek Eggs	206 Calories
Caprese-Hummus Turkey Warp	241 Calories
Busy Bee Honey Mustard Chicken	320 Calories
Total Meals	**767 Calories**

Extras

Coffee, 1/2 cup Soymilk Creamer	120 Calories
½ can Tune with 1 tbsp Light Mayo	150 Calories
1 oz (24 whole kernels) Almonds	163 Calories
1 cup Vegan Cappuccino Ice Cream	400 Calories
Extras total	**833 Calories**

Total Daily Calories: 767+833 = 1600 Calories

ShareFit 5-Diet Plan

1600 Calorie Dairy-Free

	Breakfast	Lunch	Dinner
Day 1	Overnight Blueberry Muesli 8 oz coffee 8 oz water	Festive Apple Turkey Salad 8 oz water	Portobello Salmon Skillet 8 oz water
Day 2	Greek Eggs 8 oz tea 8 oz water	Thai Chicken Bowl 8 oz water	Sesame Chicken 8 oz water
Day 3	Strawberry Sunrise Bowl 8 oz coffee 8 oz water	Caprese-Hummus Turkey Wrap 8 oz water	Breezy Pineapple Shrimp 8 oz water
Day 4	AM Wrap 8 oz tea 8 oz water	Barnyard Rush Barbeque Bowl 8 oz water	Busy Bee Honey Mustard Chicken 8 oz water
Day 5	Homemade Cinnamon Roll Pudding 8 oz coffee 8 oz water	New Age Nicoise 8 oz water	Top of the Market Eggs 8 oz water

5-Day Diet Recipes: Dairy-Free

Breakfast Recipes

Overnight Blueberry Muesli

Serves 1

1 cup light soy milk

1 cup blueberries

¼ cup whole oats or quick oats

dash cinnamon

1. Combine all ingredients in small bowl.
2. Allow tosit in fridge overnight, flavors will meld.
3. Serve cold

Nutritional Information: 228 Calories, 4 g fat, 0 g saturated fat, 0 mg cholesterol, 121 mg sodium, 42.5 g carbohydrate, 6.9 g fiber, 20.9 g sugar, 9.6 g protein

Greek Eggs

Serves 1

1 whole egg
2 egg whites
¼ cup kalamata olives
1 cup red bell pepper
1 cup sliced mushrooms
1 cup spinach, sliced thinly
½ cup sliced grape tomatoes
1 clove garlic, crushed

1. Heat pan over medium heat; spray with non-stick cooking spray.
2. Saute garlic, red pepper, and mushrooms, adding small quantities (1-2 tbsp) of water if vegetables begin to stick.
3. Whisk together whole egg and egg whites.
4. Spray a second, separate pan with non-stick cooking spray and heat over medium for 30-40 seconds.
5. Add eggs.
6. When eggs are turn opaque and are nearing completion, top with sliced spinach, olives, sauteed peppers and mushrooms and remove pan from heat.
7. Place a lid over the pan and allow the dish to rest for 1-2 minutes. This circulating steam will help release your finished product from the pan.
8. Remove lid, top with tomatoes, and fold finished omelet in half to serve.

Nutritional Information: 206 Calories, 9.4 g fat, 2.1 g saturated fat, 0 mg cholesterol, 508 mg sodium, 14.8 g carbohydrate, 5.3 g fiber, 8 g sugar, 18.4 g protein

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Strawberry Sunrise Bowl

Serves 1

½ cup sliced strawberry

½ cup sliced banana

½ cup orange segments

1 6 oz container coconut milk yogurt (such So Delicious Dairy Free Cultured Coconut Milk)

1. Combine all ingredients in large bowl, layering if desired.

Nutritional Information: 283 Calories, 4.8 g fat, .9 g saturated fat, 0 mg cholesterol, 92 mg sodium, 60.3 g carbohydrate, 14.1 g fiber, 40.1 g sugar, 2.1 g protein

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AM Wrap

Serves 1

1 hard-boiled egg, diced

½ cup diced avocado

½ cup sliced grape tomatoes

2 oz thinly sliced smoked ham, such as Oscar Mayer (Or 60 Calories worth preferred Ham)

2 large butter or iceberg lettuce leaves

Dash pepper

1. Divide egg, avocado, tomatoes, and ham between two lettuce leaves
2. Season with dash of pepper, fold or roll filled lettuce leaves to serve.

Nutritional Information: 334 Calories, 24.3 g fat, 6.2 g saturated fat, 218 mg cholesterol, 823 mg sodium, 13.4 g carbohydrate, 7.2 g fiber,3.8 g sugar, 18.3 g protein

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Homemade Cinnamon Roll Pudding

Serves 1

½ 16 oz block light, firm tofu (Such as Azumaya Light)

¼ cup raisins

cinnamon to taste

Artificial sweetener, such as Splenda or Stevia

1. In a blender, puree tofu until pudding consistency is achieved, adding several tablespoons of water if necessary.
2. Combine raisins and tofu mixture with sweetener and cinnamon to taste.

**Please note that real sugar may be used in lieu of artificial sweetener; however, note that each teaspoon of sugar adds 15 Calories.*

Nutritional Information: 205 Calories, 2.0 g fat, 0 g saturated fat, 0 mg cholesterol, 254 mg sodium, 31.2 g carbohydrate, 1.3 g fiber, 22.5 g sugar, 19 g protein

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Lunch Recipes

Festive Apple Turkey Salad

Serves 1

4 oz deli roasted turkey, such as Oscar Mayer Carving Board (Or 100 Calories other turkey)
¼ cup dried cranberries, such as Craisins
½ cup grated or julienned carrot
½ cup grated or julienned radish
1 cup alfalfa sprouts
1 cup thinly sliced red bell pepper
3-4 cups spinach
2 tbsp light balsamic vinaigrette, such as Newman's Own Light Balsamic Vinaigrette Dressing (or 45 Calories worth of preferred vinaigrette)

1. Combine all ingredients in large bowl to serve

Nutritional Information: 340 Calories, 6.2 g fat, 0.6 g saturated fat, 44 mg cholesterol, 15100 mg sodium, 45.4 g carbohydrate, 9.1 g fiber, 33.5 g sugar, 23.5 g protein

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Thai Chicken Bowl

Serves 1

4 oz grilled chicken, warm or cold
½ cup grated or julienned carrot
½ cup grated or julienned radish
½ cup grated or julienned cucumber
½ cup sliced mushrooms
½ cup bean sprouts
½ cup thinly sliced red bell pepper
3-4 cups spinach or romaine
2 tbsp Pad Thai Sauce, such as Annie Chun's Pad Thai Sauce (Or 60 Calories preferred peanut sauce)
2 tbsp rice vinegar

1. Combine all ingredients in large bowl to serve

**Please note that zero Calorie sweetener may be added to cut the acidity of the added vinegar. In traditional dressing recipes, sugar plays this role. You may use real sugar if you wish, but note that each teaspoon of sugar adds 15 Calories.*

Nutritional Information: 362 Calories, 6.5 g fat, >1 g saturated fat, 97 mg cholesterol, 1096 mg sodium, 35.2 g carbohydrate, 6.7 g fiber, 16.7 g sugar, 46.5 g protein

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Caprese-Hummus Turkey Wraps

Serves 1

4 oz thinly sliced deli turkey, such as Oscar Mayer (Or 100 Calories worth preferred Turkey)
¼ cup light hummus (Such as Safeway Eating Right, or 80 Calories preferred Hummus)
1 cup grape or cherry tomatoes, sliced
1 cup fresh basil leaves
3 large butter or iceberg lettuce leaves
Dash pepper

1. Divide turkey, hummus, tomatoes, and basil between three lettuce leaves
2. Season with dash of pepper, fold or roll filled lettuce leaves to serve.

Nutritional Information: 241 Calories, 7.7 g fat, >1 g saturated fat, 44 mg cholesterol, 1236 mg sodium, 18.3 g carbohydrate, 4.8 g fiber, 7 g sugar, 24.6 g protein

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Barnyard Rush Barbecue Bowl

Serves 1

4 oz grilled chicken, hot or cold
¼ cup black beans
½ cup grated radish
½ cup chopped celery
1 cup shredded coleslaw mix, undressed
2-3 cups spinach, shredded
2 tbsp low-sugar Barbecue sauce, such as Kraft Light
2 tbsp white vinegar
No salt added Southwest Seasoning Mix, such as McCormick Perfect Pinch Southwest Salt Free

1. Combine all ingredients in large bowl to serve

**Please note that zero Calorie sweetener may be added to cut the acidity of the added vinegar. In traditional barbecue dressing recipes, sugar plays this role. You may use real sugar if you wish, but note that each teaspoon of sugar adds 15 Calories.*

Nutritional Information: 325 Calories, 5.3 g fat, >1 g saturated fat, 97 mg cholesterol, 721 mg sodium, 26.5 g carbohydrate, 7.4 g fiber, 8.7 g sugar, 44.1 g protein

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New Age Nicoise

Serves 1

1 5 oz can chunk light tuna packed in water, drained

1 hard boiled egg or ¼ cup canned white beans, drained and rinsed

1 cup radishes, quartered

10 spears asparagus

1 cup fresh green beans

1 cup cherry tomatoes

2 tbsp white wine vinegar

lemon

black pepper

italian seasoning

2-3 cups spinach

1. Remove “woody ends” from asparagus (bottom inch, near stem) and stems from green beans.
2. Lay asparagus and beans in large skillet or pan, and top with water until vegetables are covered with water by approximately 1 inch.
3. Heat pan over medium heat. Boil vegetables until only slightly firm- once pan begins to lightly simmer, vegetables will finish in 3-5 minutes.
4. Combine all ingredients through cherry tomatoes in large bowl.
5. Toss with white wine vinegar, squeeze of lemon, black pepper, and italian seasoning to taste.
6. Serve over 2-3 cups spinach.

**Please note that zero Calorie sweetener may be added to cut the acidity of the added vinegar. In traditional barbecue dressing recipes, sugar plays this role. You may use real sugar if you wish, but note that each teaspoon of sugar adds 15 Calories.*

Nutritional Information: 321 Calories, 7.2 g fat,1.8 g saturated fat, 237 mg cholesterol, 549 mg sodium, 30.6 g carbohydrate, 14.4 g fiber, 12.9 g sugar, 40.5 g protein

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Dinner Recipes

Portobello Salmon Skillet

Serves 1

1 5 oz can salmon, packed in water, drained

½ cup canned white beans, rinsed and drained.

Garlic, 2-3 cloves, crushed

2 large portobello mushroom caps, sliced

4 cups fresh spinach, chopped

2 tbsp dry white wine

Medium bunch asparagus (about 20 spears)

Chopped Fresh Parsley and Black Pepper for serving

1. Remove “woody ends” from asparagus (bottom inch, near stem)
2. Lay asparagus in large skillet or pan, and top with water until asparagus is covered by approximately 1 inch.
3. Heat pan over medium heat- once pan begins to lightly simmer, asparagus will finish in 3-5 minutes.
4. Heat second pan, spray with non-stick spray. Add crushed garlic and mushrooms to pan. If mixture begins to stick, ass 1-2 tablespoons of water to pan.
5. When portobellos near completion (about 2 minutes), add canned salmon, beans, and spinach.
6. Once mixture has heated and spinach begins to wilt (1-2 minutes), add wine and cook for an additional 1 minute.
7. To serve, plate salmon mixture on top of or alongside asparagus.

Nutritional Information: 373 Calories, 7.8 g fat, 1 g saturated fat, 38 mg cholesterol, 363 mg sodium, 41.9 g carbohydrate, 13.8 g fiber, 8.9 g sugar, 36.6 g protein

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Sesame Chicken

Serves 1

6 oz thinly sliced raw chicken

Garlic, 2-3 cloves, crushed

2 cups fresh broccoli

1 tbsp hoisin sauce

2 tbsp reduced sodium soy sauce

1 tbsp water

½ tsp sesame oil

1. In a small bowl, combine chicken, crushed garlic, 1 tbsp hoisin sauce, 1 tbsp water, and 1 tbsp reduced sodium soy sauce. (reserve second tablespoon soy sauce and sesame oil)
2. To prepare broccoli, fill steaming pot with water and heat over medium-high.
3. When water begins to boil, add broccoli and allow to steam for 5 minutes, testing frequently for doneness, lightly crisp. When finished, remove from steaming basket to prevent further cooking, as broccoli will later be added to chicken mixture.
4. Spray a second pan with non-stick cooking spray and heat over medium.
5. Add chicken mixture to pan, cooking until meat becomes opaque.If the mixture begins to stick, loosen by adding 1-2 tbsp water.
6. Add broccoli to pan, season with sesame oil and soy sauce, drizzling over pan's contents, Stir-frying well to combine. Plate mixture to serve.

Nutritional Information: 328 Calories, 7.7 g fat, >1g saturated fat, 109 mg cholesterol, 1603mg sodium, 21.7 g carbohydrate, 5.4 g fiber, 7.9g sugar, 43.5 g protein

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Breezy Pineapple Shrimp

Serves 1

5 oz raw shrimp

Garlic, 2-3 cloves, crushed

1 cup chopped red bell pepper

1 cup chopped green bell pepper

1 cup sliced mushrooms

½ cup canned, no sugar added diced pineapple

1 tsp chili powder

1 tsp ground cumin

¼ cup chopped cilantro

2 tbsp green salsa/salsa verde

1. Spray a large pan with non-stick cooking spray and heat over medium.
2. Add garlic and red and green bell pepper, saute until peppers begin to soften.
3. Add mushrooms, stir frying with 1-2 tablespoons of water if mixture begins to stick.
4. When vegetables are nearly complete, add shrimp, seasoning with chili powder and cumin.
5. When shrimp are nearly opaque (1-2 minutes), add pineapple, cilantro, and salsa.
6. Cook additional 1 minute, plate to serve.

Nutritional Information: 291 Calories, 3.6 g fat, >1g saturated fat, 299 mg cholesterol, 538 mg sodium, 27.8g carbohydrate, 6g fiber, 17.6 g sugar, 37 g protein

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Busy Bee Honey Mustard Chicken

Serves 1

5 oz raw chicken breast

3 tbsp Honey Mustard Sauce, such as French's Honey Mustard Dipping Sauce (Or 90 Calories worth preferred Honey Mustard dressing)

2 cups fresh green beans

1 tbsp white wine vinegar

Dash black pepper

Chopped fresh parsley

1. To prepare green beans, fill pot with water and heat over medium-high.
2. When water begins to boil, add green beans and allow to boil for approximately five minutes, testing frequently for doneness.
3. When green beans are finished, remove from heat, toss in bowl with 1 tbsp honey mustard, 1 tbsp white wine vinegar, black pepper, and chopped fresh parsley.
4. To prepare chicken, heat broiler over high. Place chicken breast under broiler, check every 2 minutes for progress; when chicken nears completion, remove from broiler and coat with 1 tablespoon honey mustard. Place chicken back under broiler, cooking until chicken is done.
5. Serve chicken alongside green beans, topped with remaining 1 tbsp honey mustard.

Nutritional Information: 320 Calories, 5.3 g fat, >1g saturated fat, 91 mg cholesterol, 430 mg sodium, 33.7 g carbohydrate, 7.5 g fiber, 12.1 g sugar, 34 g protein

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Top of the Market Eggs

Serves 1

1 whole egg

2 egg whites

½ cup canned chickpeas, drained and rinsed

½ cup roasted garlic tomato pasta sauce, such as Classico (Or 50 Calories preferred tomato sauce)

1 cup chopped spinach

3 cloves garlic, crushed

3 medium zucchini (slightly larger than hand), shaved into thin ribbons using vegetable peeler or hand-held cheese slicer.

Black or red pepper for serving

1. Spray a large pan with non-stick cooking spray and heat over medium.
2. Add garlic and zucchini, saute until zucchini just begin to soften. If mixture begins to stick, loosen with 1-2 tbsp water.
3. Add chickpeas, spinach, and tomato sauce. Cook until spinach begins to wilt.
4. Stir mixture into even layer in pan.
5. Crack eggs over mixture, cover pan with lid.
6. Cook on low until eggs white are firm and yolk semi-solid, about 1 minute.
7. Plate to serve.

Nutritional Information: 367 Calories, 9.3 g fat, 2.2 g saturated fat, 187 mg cholesterol, 716 mg sodium, 47.9 g carbohydrate, 12.1 g fiber, 17.4 g sugar, 29.3 g protein

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Beyond the ShareFit 5-Diet Plan

While the most integral part of weight loss is calorie tracking, there are a number of other ways to help you get to – and stay at - a healthy weight. If you're ready to go beyond the ShareFit 5-Diet Plan, implement these 30 tips to enhance your health and happiness.

30 Days of Action Checklist

Take action every day towards your goals. Try to implement each of the 30 weight loss tips at least once over the course of 30 days. As you complete each, check it off your list.

1. **Record everything.** ☐
   Weight gain occurs when too many Calories are being consumed and not enough Calories are being expended. Many people eat far more than they realize, thanks to inflated portion sizes and a failure to measure food. Always measure and record portion sizes and Calories using your food journal included in your ShareFit.com profile. Record your foods and calories immediately upon consuming a meal- many people tend to forget how much they've eaten as they move through their day, or underestimate their true Caloric intake. Food journaling provides huge results for very little effort.

2. **Be a critical consumer.** ☐
   If a diet trend or product promises "fast weight loss" or encourages any of the following, skip it: fasting, detoxing, eliminating solid food, or meal replacement shakes and beverages. Not only do these not produce the promised results, they are completely unnecessary and potentially harmful. Calorie counting and exercising work. Fad diets do not.

3. **Let your heart be heard.** ☐
   As you go throughout your day, consider the following question: If you could make any major changes to improve your life, what would they be, and why? Don't aim for shallow or materialistic things like new countertops or more shoes. Instead, look for ways that your life could be

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more fulfilling. It can be scary to recognize our deepest desires for ourselves, out of fear that we'll never meet them. But if you hold them inside yourself, it's certain they'll never be achieved. Ask yourself: what emotional or social changes do I need to make my life the best I am capable of living?

4. **Step Up.** ☐
   Find a flight of stairs and walk up and down it for 2 minutes to engage your glutes, quads, and hamstrings.

5. **Embrace the scale.** ☐
   If you can't measure something, you can't improve upon it. Many people tend to avoid the scale out of fear, disappointment, and ego. However, you'll never improve unless you start looking at the scale as an ally- it tells you exactly whether you've begun to backslide, or whether you're moving along as planned. Weigh yourself every day, first thing in the AM, before you've had any food or water. Record your weight each day in your ShareFit.com profile (weight can fluctuate by up to 4 lbs depending on water retention) and take a weekly average to gauge progress.

6. **Cardio first.** ☐
   If you have the choice, always perform cardiovascular exercise over strength training, especially if you're trying to lose weight. Despite the erroneous myths fueling many current fitness trends, cardiovascular exercise burns far more Calories and fat than strength training, and increases muscle tone in the large muscles of the lower body. Aim to gradually increase your cardiovascular routine to 60 minutes per day before adding an significant amount of strength training, which is essential to build muscle and prevent osteoporosis.

7. **Barely moving is better than not at all.** ☐
   Weight loss takes time. Even if the scale seems like it's refusing to budge, weight loss will come in time. Stay on the path, record your Calories, and track your calories burned during exercise in your ShareFit.com profile. When the numbers add up, you'll see progress. Slow progress is still

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progress.

8. **Know your numbers.** ☐
   Heart disease is the number one killer of both men and women. Even if you aren't obese, your heart may be at risk for a number of other reasons. Every year, visit a Doctor's office or clinic and have the following crucial numbers assessed: blood pressure, cholesterol, waist size, and BMI: Be sure to check for deviations from the previous year, and ask your doctor or nurse to explain your numbers and whether or not they should be improved upon. The (short) visit is well worth your time- the primary person responsible for risking or saving your life is you.

9. **Be young at heart.** ☐
   Children believe they're capable of anything. Reflect on your childhood, and rekindle the belief that you can do anything you set your mind to. Your limitations likely exist in your head alone. Every success story starts with a decision to try.

10. **Create an environment that's conducive to your success.** ☐
    Stop buying superfluous snacks, treats, and temptations. Many people rationalize that unhealthy items are "for their children," or, "for their spouse," but the truth is that they don't need them, either. However, adults should be free to make their own food choices, so if your significant other is going to keep food items in the house that you feel may unnecessarily tempt you, offer a compromise: they have their own cabinet (or you have yours) or section of the refrigerator to keep their goodies, one that you don't go into. Out of sight, out of mind.

11. **Don't buy things you don't need.** ☐
    Many people spend hundreds of dollars on personal trainers, thanks to pressure from health clubs, or a belief that a trainer will help motivate them to exercise. Your motivation and accountability needs to be to yourself to succeed. While a trainer can help teach you new exercises or show you how to use machines, another staff member or a seasoned friend can do the same thing. Or, consult a reputable website for advice

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on how to get started or do an exercise safely and accurately.

12. **When in doubt, wait it out.** ☐
    Plate of cookies someone brought to the office calling your name? Wait an hour, and reflect whether or not you really want the cookie. Is the instant gratification really worth sabotaging your success? If you decide you really want a cookie, buy one at the store the next day, once you've worked it into your daily Caloric intake.

13. **Find a mantra.** ☐
    It can be a short phrase, a quote, a lyric, or a verse, as long as it speaks to you personally. Use your mantra in times that you're feeling weak, to remind yourself why you began this journey in the first place.

14. **Ask for help.** ☐
    Don't keep your weight loss a secret. Friends, family, gym buddies, and fellow ShareFit.com members can support you on your journey, and provide valuable refuge in times of tire or anxiety. The only person who knows exactly what you need is you, so it's up to you to ask for support and give concrete examples of ways that person can help you, such as "It's really hard to eat out and stick to my diet. Can we try to only eat out once a week? I'd really appreciate if you supported me in this."

15. **Know thy enemy.** ☐
    Make a list of every habit or action that caused you to gain weight in the first place. Where were the extra Calories coming from? Unnecessary snacking? Caloric beverages? Emotional eating? Keep that list in your food journal, along with a list detailing ways to keep yourself from backsliding into negative habits, such as "If I am bored, I'll make a cup of tea and catch up with my scrapbooking," or "If I'm feeling the urge to eat emotionally, I'll take the dog for a walk."

16. **Remember that little bites count.** ☐
    Many people tend to disregard the weight of small bites, assuming that a few extra Calories here and there won't add up over time. However, it's

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that exact mindset that leads to a lot of little Calories adding up to weight gain: a bite of your child's leftover chicken nugget here, a taste of your husband's ice cream there. A mere 25 extra Calories per day (the amount in half of a chicken nugget or one bite of ice cream) could lead to nearly 3 lbs' weight gain in a year. Record everything you eat in your food journal, even little bites.

17. **Course corrections.** ☐
    The second you feel a negative thought creep into your head ("My thighs are huge," or "I can't do this,") correct the thought with a positive one. Negative internal diatribe is demotivational and can prevent you from carrying out the behavioral changes that are necessary towards achieving your goal. Immediately correcting your thoughts ("I'm not there yet, but I'm trying," or "It's hard, but I can do it,") allows you to take control of a negative experience and turn it into a positive one, increasing the odds of your success.

18. **1 minute fitness.** ☐
    If it's an "even" day of the week (such as May 2 or December 14), hold a plank for 1 minute twice a day. If it's an odd day, do 1 minute of squats (or donkey kicks if unable to squat) and 1 minute of push-ups (do assisted push-ups with hands against countertop if unable). By the end of the week, you'll have accrued an additional 14 minutes of strength-training exercise. To learn how to do these exercises and many more, check out the videos in the Workout Room on ShareFit.com.

19. **Take a bite of out temptation.** ☐
    Fighting with the urge to snack, even though you're full? Chewing sugar-free gum can satiate your need for flavor and reduce the urge to chew away unnecessary Calories.

20. **Sip away stress.** ☐
    Many people struggle with stress and emotive eating. If you're hankering for a donut from the office breakroom because you're feeling overwhelmed or anxious, try microwaving a cup of tea or coffee. The

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soothing aroma and taste will help calm your nerves without any additional Calories, and the liquid volume will help fill you up and keep you out of your coworker's candy stash.

21. **Push it.** ☐
    Brace your hands against a counter, step, or coffee table and perform 10 pushups and 10 tricep dips. Repeat twice for an easy, do-anywhere arm workout. To learn how to do these exercises and many more, check out the videos in the Workout Room on ShareFit.com.

22. **If at first you don't succeed, try try again.** ☐
    Accept your mistakes. You're human. No one is born knowing everything. The most important thing when you make a mistake is not to stay "stuck"- if you skip a workout, don't skip the next day, and do a little extra to make up for it. If you give in and blow past your Caloric needs, don't hop in the car and drive to Dairy Queen, figuring you've already "ruined" your day. Be a positive part of your process. If you make one mistake, it's an opportunity for growth. If you make one mistake and then give in, it's a defeat.

23. **Let Mr. Sandman pay you a visit.** ☐
    Studies have consistently shown that sleep-deprived people tend to gain weight, thanks to reduced motivation and an increased appetite. Aim to get at least 7 hours of sleep each night- eight or more, optimally. No TV show is worth feeling depleted the next day. Set it to tape.

24. **Stay hydrated!** ☐
    Many people tend to mistake thirst for hunger, and end up consuming far too many Calories to satiate that phantom hunger. Instead, buy a reusable water bottle and keep it with you at all times. Aim to drink at least 12 oz of water with each meal- the volume aids satiety, and your body needs water to carry out every physiological process in your body. Many people find that doing so also find that their increased fluid intake relieves their consistent headaches and improves mental clarity.

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25. **Compliment yourself daily.** ☐
    Each day, select one "proud" moment and reflect upon it: did you resist the urge to skip the gym? Stay patient with your child? Celebrate that victory and determine the mental process that promoted that success, so that you can repeat it in the future.

26. **Plan for Failure.** ☐
    Ever hear the phrase, "If you fail to plan, you'll plan to fail,"? Same goes for dieting. If you engage in the fantasy that you'll never encounter moments of frustration, disappointment, or temptation, you'll ultimately recede back to your negative habits. Make a plan for these moments. Tempted, overwhelmed, and downright snacky? Feeling like you want to tear into a package of Doritos with reckless abandon? Plan for that- that way, when the moment (or moments) hit, you know exactly what to do. Take a deep breath, remove yourself from the area of temptation, and go somewhere to reflect on your goals until the temptation ceases.

27. **Make friends with your food.** ☐
    Make a list of your top 10 guilty pleasure foods- the things you feel you could never give up. Now, go online and look up their Calories, or calculate the calories in your "go to" recipe. Figure out how to incorporate those items into your diet. You may need to modify your portion size, or they may be fine as is. Either way, it's important to know how to include those items without depriving yourself or derailing your diet on a binge spree.

28. **Diner beware.** ☐
    Use ShareFit.com or go to your favorite restaurant's website to locate Nutritional Information. Browse the Calorie content to foster an awareness of the massive Calorie influx that occurs in restaurant meals vs home-based dining. A study published in the American Medical Association's Journal *JAMA Internal Medicine* found that the average restaurant entree contains 1,500 Calories- essentially, 42% of the Calories needed to generate 1 lb of fat. While it's possible to choose healthy options when dining out, it's always best to dine at a restaurant

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where Nutritional Information is available on the website. That way you can plan a few days before and allocate Calories for that meal.

29. **Take a stand.** ☐
    The overwhelming majority of Americans spend too much time seated: in cars, at work, in front of the computer or tv, waiting for appointments, at meals and social events. When you have the chance, stand up rather than taking a set! Take a phone call as you walk around your office or choose to stand at the pharmacy while you wait for a prescription to be filled. The extra time on your feet can decrease your chances of cardiovascular diseases, high blood pressure, and diabetes. Researchers have found that, even for those who exercise copiously, spending more than 23 hours per week seated is associated with a higher risk of early death.

30. **Step to it.** ☐
    Get up from your desk and take two, five minute walking breaks a day. If the average American woman (166 lbs) were to walk at 3 mph for just ten minutes a day, could lose upwards of 4 lbs in a year.

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