

9 QUICK WAYS TO  
MINDLESSLY HACK YOUR DIET  
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You're probably one of them.

For a lot of people trying to get fit, it's easier to eat a little bit less than to it is to move a little bit more.

Here are 9 quick ways to mindlessly hack your diet:

## 1. The 20% Rule

Most people can eat around 20% less without noticing it. Anything higher than that and people start to feel like they're missing something on their plate.

**Here's what to do:** Start small. The next time you're putting together a serving of food, put 10% less of what you normally would eat. Then adjust it to 20% after a few meals.

You'll barely notice the difference on your plate but it'll make all the difference on the scale in the long run.

Quick note: When it comes to vegetables, think 20% more. I've never heard of anybody complain that their bodies got enough veggies :)

## 2. Ditch The Bag

If you're a serial snacker (ie. chips), NEVER eat out of the bag.

We've all been there before.

We think, "I'm only gonna eat a few pieces". So you put on your favourite TV show and next thing you know, you're reaching for the bottom of the bag because you've inhaled the entire thing.

**Here's what to do:** grab a small plate and pour a serving for yourself. Then seal the rest of the bag and put it away somewhere where you can't see it.

This does two things: Number one, it forces you to just concentrate on the serving that's in front of you. Once you finish it, you're done!

Number two, it prevents you from overeating because the rest of the bag is nowhere to be seen. Out of sight, out of mind.

## 3. Become A Repackaging Master

The bigger the packaging, the more we consume. Somewhere around 20-30%. Yikes!



Ever bought one of these bags at Costco? I have. It's basically the size of a small child.

How many times have you snacked out of the bag and got half way through it without even noticing?

To piggyback off of Diet Hack #2, you want to take it a step further and repackage this monstrosity to smaller packages (think small zip locks and tupperwares).

That way, your portion sizes are automatically smaller, you take less automatically, therefore, you eat less.

## 4. Make Mindlessly Snacking Inconvenient

What's the first thing that we do when there's something that we can snack on within arms reach? We snack!

If you're in an office setting, make it as inconvenient as possible to mindlessly snack at your desk. If you have a stash of candy hiding in your drawer (guilty!), move it to the office kitchen or as far away from you as possible.

**DO NOT** move it inside your stomach :)

The time that it takes for you to get your hands on your hidden snack is usually enough to reconsider if you really want it to begin with or maybe you're just bored.

## 5. Be More Restaurant Savvy

Just to build on Diet Hack #4, we all know a place that serves unlimited free bread (think Red Lobster and their free biscuit).

This is diet suicide.

If it keeps getting refilled at the table, you're going to eat it.

**Here's what to do:** Ask your server to take the basket away to avoid carb overload. Take any temptation away from going for a second or third helping. It's not gonna help your waistline.

Also, if your entree looks like it could feed a family of four, pack up half of it as soon as you get it. That way, you only consume half the calories and you have lunch the next day.

Same dining experience but half the guilt.

## 6. Eyes On The Prize

Are you one of those people who likes to eat in front of their TV? This is a very easy way to mindlessly overeat because we usually don't stop until our TV show or whatever we're watching is over.

If your show is 60 minutes long, your dining experience will most likely match that. That's way too long!

**Here's what to do:** Dedicate one area of your house for just eating. No TV's or laptops allowed. Try to really enjoy the food that's in front of you.

## 7. Don't Go Cold Turkey

Imagine your favourite food right now. That one thing that you love the most. It makes your heart happy even just thinking about it.

Now imagine going the rest of your life without it. Life would suck, right?

One of the biggest reasons why most diets fail in the first place is that they deprive us from the food that we love.

If you're somebody who loves ice cream and you go on a diet that prevents you from eating dairy, you're probably not gonna last very long.

You can't just go cold turkey on the food that you love. Life is too short!

**Here's what to do:** Keep eating the food that you love but consume it in smaller portions.

Instead of rewarding yourself with a triple decker chocolate sundae with all the fixings, maybe a small ice cream cone is enough. It usually is.

## 8. The 50/25/25 Rule

I don't believe in crazy diets but I believe in portion control. Once again, keep eating your favourite food but follow the *50/25/25 rule*.

Half your plate should consist of vegetables. While the other half should consist of carbs and protein.

Here's an example of the 50/25/25 rule. This was my dinner last night! (picture on the right)



If you follow this rule, a plate of pasta with a side of garlic toast doesn't seem so balanced all of a sudden.

## 9. Don't buy the "low fat" hype

Breaking news.

Low fat food doesn't always mean healthy.

Research shows that we eat as much as 49% more of this "healthier" alternative compared to its normal fat content counterpart.

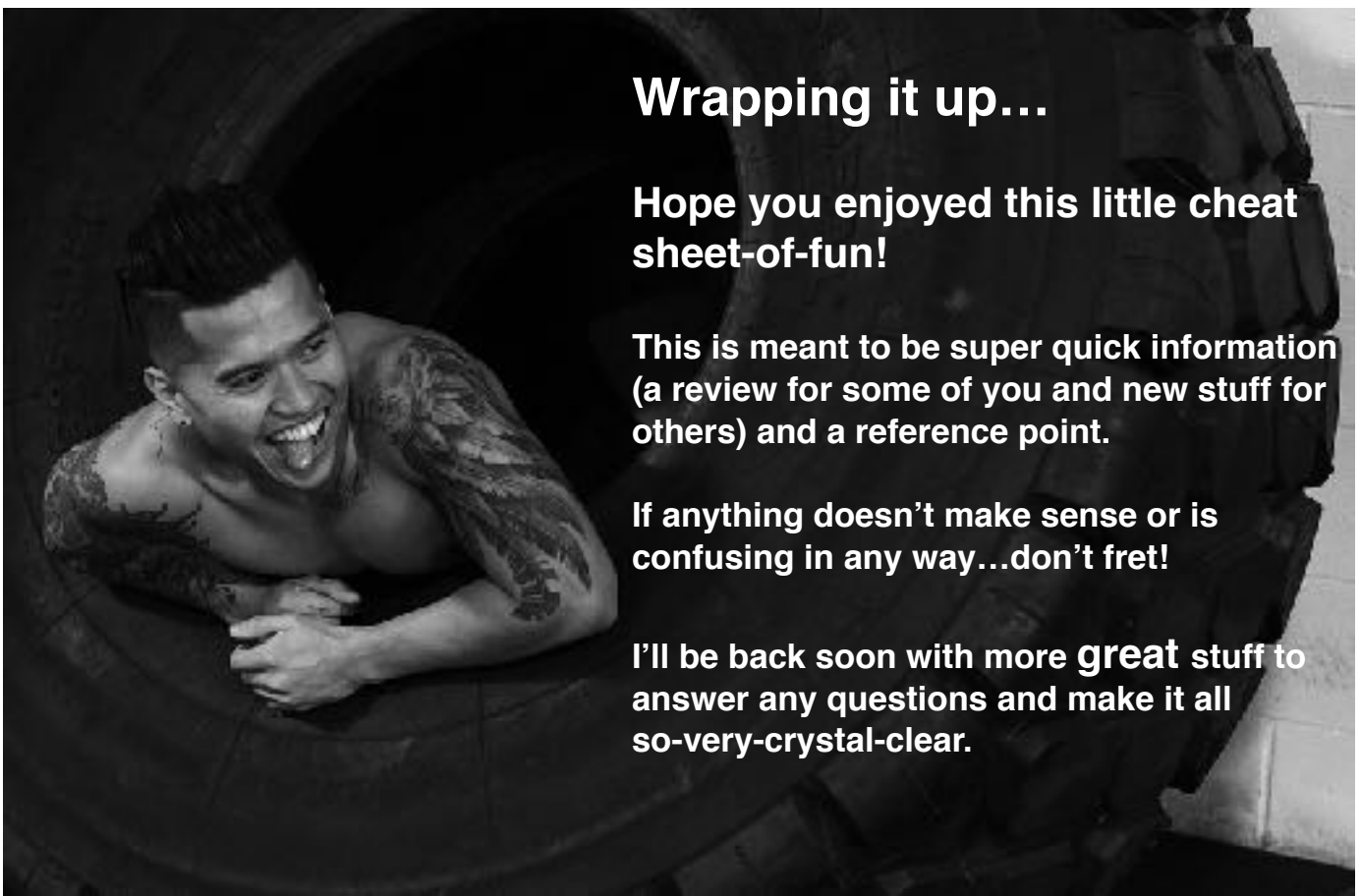
The problem is that these types of food are often loaded with sugar to account for the fat reduction. All of a sudden, this lower calorie "healthy" option does more harm than good because we end up eating more of it in the long run.

## At the end of the day

It's all about baby steps. Small daily good decisions every day add up to staggering results over time.

Apply these diet hacks to your every day life and you're gonna be further ahead than 99% of the general population.

You've got this!



## Wrapping it up...

**Hope you enjoyed this little cheat sheet-of-fun!**

**This is meant to be super quick information (a review for some of you and new stuff for others) and a reference point.**

**If anything doesn't make sense or is confusing in any way...don't fret!**

**I'll be back soon with more great stuff to answer any questions and make it all so-very-crystal-clear.**