

Step 4: Get Started – Week 1

(Reminder—If you have any kind of health or medical problem that could be affected by changing your diet, talk to your doctor before beginning any weight loss program.)

Women can lose weight on different kinds of diets, and no single diet is right for every woman. If you've lost weight on a certain eating plan in the past, you may want to go back to that diet. Just make sure it includes a balance of foods and nutrients and doesn't restrict you to a small number of foods.

However, the fact that you're reading this ebook suggests that you're looking for a healthy eating plan that will allow you to lose weight. If you're like me, you've probably tried a number of diets that sounded good at the beginning – but let you down in the long run. As I mentioned earlier, I invested a lot of time and effort in trying to lose 10–12 pounds. And until I landed on this eating plan, I felt stuck and frustrated all the time. But once I started this plan, the weight started coming off.

Here's the basic eating strategy for The Busy Life Diet – **Reduce sugar and carbs, focus on foods that help minimize carb cravings, and help your body get out of a cycle of wanting lots of high-carb foods.** In other words, eat a **diet that emphasizes vegetables, protein and moderate amounts of healthy fats.** Eliminate “white carbs” – most bread, rice, pasta and baked goods. After Week 1, eat small amounts of complex or whole grain carbohydrates – brown rice, quinoa, sweet potato, whole grain pasta and legumes (black beans, pinto beans, etc.)

Here's a summary of what this eating plan looks like:

- **Eat vegetables, protein and healthy fats at every meal.**
- **After Week 1, eat one or two servings per day of complex carbohydrates and (optional) one of fruit.**
- **Don't eat junk food, processed food and most restaurant food**
- **Don't eat sugar or foods with added sugar.**
- **Drink lots of water.**
- **Don't drink sodas (including diet), alcohol, fruit juices, or any drinks with added sugar.**

Examples of foods to include:

Vegetables – tomatoes, peppers, lettuce, onions, celery, carrots, zucchini, squash, mushrooms, green beans, sugar snap peas, leafy greens, broccoli

Protein – chicken, lean beef, fish, eggs, plain Greek yogurt

Healthy fats – olive oil, avocado, coconut oil, nuts. (Use these moderately, as fats are important for weight loss but are also high in calories.)

Fruits – (1 serving per day, optional, after Week 1) berries, apples, pears, oranges

Carbohydrates – (1 or 2 ½-cup servings per day, after Week 1) brown rice, quinoa, legumes, sweet potato, whole wheat pasta