

Peggy Hall's Super-Simple "4x4 Meal Plan"

Just a Quick Background

Back before I knew anything about nutrition, I tried to keep myself on a strict 1200 calorie diet. The only problem is that those 1200 calories consisted mainly of frozen yogurt, popcorn and fat-free cookies!

As hubby would say, I wasn't "*nutrifying*" myself very well!

Yes, I managed to zip up my jeans (if I held my breath in) -- but I also had mood swings, intense cravings, health issues. Not to mention that I was always starving to boot! No wonder... I was literally running on empty!

Fast forward to the present day (now that I've studied nutrition, holistic health and mind/body healing) and my meals look a lot different now!

A Calorie is NOT Just a Calorie

We're often told that, "Losing weight is a matter of calories in -- and calories out". Well, that's not exactly true. There are other factors that we need to consider! Calories are only one part of the picture -- we have to also think about the nutrients that those foods contain!

Consider a piece of chocolate cake – you know, these multi-layered affairs that it seems every restaurant has on its menu these days. It probably contains about 500 calories. Then consider a typical frozen “diet” entree -- it may have more or less about the same. Next, picture a dinner plate with a serving of freshly grilled salmon, a nice-sized baked potato with a pat of butter, and your favorite combination of veggies.

All three “meals” I asked you to picture have *roughly* the same calories, but which one is going to “nutrify” you?! In other words, which one is going to provide the nutrients your body needs to build and repair your hair, your skin, your muscles, your brain and your heart? Even our thoughts and our moods are created in part by chemical reactions that come from the food we eat!

Now there's nothing wrong with having a piece of cake from time to time -- but when you are living on mainly processed, packaged foods, frozen foods, fast foods and junk foods, your body simply doesn't have the building blocks to sustain your energy or health! In fact, your body might hang on to excess weight as a survival mechanism because it's not getting the nutrients it needs!

Even beyond the physical aspect, if you are not nourishing yourself on all levels, what kind of parent/spouse/friend/employee/citizen will you be, when you can't even think with the calm and clarity that a foundation of good nutrition provides?

My “4x4 Meal Plan” to the Rescue!

You know that junk food makes you feel terrible when it is more than the occasional meal here and there. Perhaps you don't have time to cook; perhaps you don't have the interest in cooking; perhaps you just don't know what in the heck to cook!

I agree that it can get complicated trying to figure out what to eat, especially with all those different diet plans out there!

That's why I developed my "4x4 Meal Plan!"

It's super easy to remember and super easy to follow!

Here it is in a nutshell: **Simply eat 4 types of food, 4 times a day!**

That's it! (See my recommended food list at the end for more details and options)

Here are the 4 types of food that you want to try to eat at every meal:

1. One serving of protein (about the size of your palm; chicken, fish, meat, two eggs, cup of yogurt or cottage cheese)
2. One serving of healthy carbs (potatoes, bread, cereal, beans, pasta, fruit -- about 1/2 cup to a cup, depending on how hungry you are)
3. One serving of veggies (1/2 cup to a cup)
4. One serving of healthy fat (1/2 tablespoon of oil, butter, grated cheese, peanut butter; 1/4 cup of nuts, avocado; 10 olives)

This salmon dish I mentioned earlier is a perfect example of all the categories!

For breakfast, try to get in the veggies as well! Some quick and easy examples include:

- add some sautéed mushrooms, spinach or just a dollop of salsa to your scrambled eggs
- shred a carrot into your morning oatmeal
- put a handful of mixed baby greens or chopped kale to your smoothie
- smear peanut butter on some celery sticks and top with a few raisins

In the 52 Weeks of Weight Loss, you'll be getting lots of delicious recipes with ideas to help you out!

My "4x4 Plan" is going to give you everything you need to “nutrify” your body and create a stronger, slimmer, more fabulous you!

What if you want to lose weight more quickly?

You can always reduce your portion sizes depending on your individual needs, but I recommend getting in each type of food in every meal whenever possible for optimal nutrition. You could also do the 4x3 plan where you have these 4 types of foods, but only 3 times a day!

Be sure to print out the “4x4 Meal Plan” Food List, too!

You'll notice that I give a range of portion sizes...that's because when it comes to eating, it's NOT one size fits all.

You can select the portion size depending on how hungry you are, how active you are, etc. You can always start at the lower end of the range and then decide whether you'd like more or not.

Don't be afraid of the "calories" – we are more concerned with getting the NUTRIENTS your body needs so it can repair, rebuild, heal, "nutrify" and then SHED the excess weight that it's been holding onto because it felt it needed it!

The other amazing benefit of following my 4x4 Meal Plan is that you will never go hungry! In fact, you'll probably naturally start to eat less once your body has replenished the stores of vitamins, minerals and nutrients that it was depleted of.

So...that about wraps it up! Please email me your comments and let me know how you enjoy this plan!

All my best to you! I'm so excited to hear about your results!

Peggy