

TEN ACCELERATORS

The following ten new accelerators are based on the three principles we shared with you in the introduction:

- staying satisfied and energized throughout the day,
- indulging in planned treats, and
- increasing your willpower by planning ahead.

As you read through this section you'll understand why we've created the IdealPlan meals in the way that we have, with these perks and these ingredients. We've put the ten new accelerators into play throughout the IdealPlan to help you curb hunger, reduce calories, have more energy, and feel prepared to make healthy choices every day.

Most of the accelerators correspond with the IdealPlan, so they're already taken care of in Phase 1! The others can be added in Phases 2 and 3 (or whenever it suits you) to reach your ideal shape even faster.

Take it at your own pace. Don't feel like you need to implement all of the "bonus" accelerators

right at the start. They're grouped in order of importance, so you will see dramatic results from the beginning. More importantly, you will be building a solid foundation of nutrition habits that stick!

Phase 1 (Weeks 1-4)

1. Plan and Prep Your Meals
2. Make the Most of Breakfast
3. Include Protein in Every Meal
4. Have a Water, Check Your
5. Understand Your Macros

Phase 2 (Weeks 5-8)

6. Drink the Right Amount of Water
7. Expand Your Vegetable Repertoire
8. Practice Your Super Intake

Phase 3 (Weeks 9-12)

9. Close the Kitchen at Night
10. Manage Your B.S.

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Brealey; Myers;



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