

BIG BREAKFAST DIET

DAY 1

DATE:

MY WEIGHT
TODAY:

MY WAIST
TODAY:

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

From small beginnings come great things.
—Proverb

WORKOUT

Take a brisk 20-minute walk or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Catch your cravings early. Many cravings awaken when you see or smell the craved food (perhaps you walk by a doughnut shop or pizza place); others when you think about them. The moment you catch a craving rising, employ the tips in chapter 7 to nip it in the bud. Before long, you'll recognize the situations that trigger your cravings and be able to avoid them.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 2

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Do or do not. There is no try.

—Yoda

WORKOUT

Take a brisk 20-minute walk, or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Shop in a square. When you go to the supermarket, avoid the center aisles—that's where most of the junk foods are. Instead, shop the perimeter of the store, where the dairy, bread, meat, and produce sections are located.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 3

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.

—*Francis of Assisi*

WORKOUT

Take a brisk 20-minute walk or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Drink a glass of one of the “free” beverages from page 65. Water or club soda can protect your body from dehydration, which can bring on fatigue, hunger, and food cravings.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 4

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Don't let what you can't do interfere
with what you can do.

—Anonymous

WORKOUT

Take a brisk 20-minute walk or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Save your shopping for Saturday or Sunday, after breakfast. Your stomach will be full, and you're less likely to fill your cart with unhealthy foods. Try to avoid shopping after work, especially if you're prone to cravings in the late afternoon or in the evening.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 5

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

A jug fills drop by drop.

—*Buddha*

WORKOUT

Take a brisk 20-minute walk, or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Keep your brain busy so your mouth won't be. When it's focused on the Sunday crossword puzzle, a computer game, or learning a new language on tape, your thoughts are less likely to turn to food.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 6

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

You must do the thing you think you cannot do.

—Eleanor Roosevelt

WORKOUT

Take a brisk 20-minute walk, or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Don't set yourself up for failure. Diet "slips" happen for a reason, and it's your job to figure out what that is. If you slip up, analyze it. What happened? Did you skimp on your breakfast protein—or did you skip breakfast entirely? Did you omit your breakfast sweet to save a few calories, hoping to speed up your weight loss? Once you figure out what went wrong, you can come up with a way to keep it from happening again.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 7

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Set your goals high, and don't stop till
you get there.

—Bo Jackson

WORKOUT

Take a brisk 20-minute walk, or perform one or two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Avoid temptation at work. If there is always candy and cake in the break room, avoid that room during the day. If one of your colleagues keeps a jar of candy on her desk, suck on a breath mint when you stop by her office or cubicle to chat.

NOTES

BIG BREAKFAST DIET

DAY 8

DATE:

MY WEIGHT
TODAY:

MY WAIST
TODAY:

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Motivation is what gets you started.
Habit is what keeps you going.

—*Jim Ryun*

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Hide your breakfast sweets. The same goes for other starches or sweets you normally enjoy in the morning. You shouldn't crave these foods in the evening, but it's smart to keep them out of sight—in a high cupboard, for example.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 9

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

People often say that motivation doesn't last. Well, neither does bathing—that's why we recommend it daily.

—Zig Ziglar

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Wait out a craving. Research shows most cravings don't last more than ten minutes. So if one hits, delay that candy bar or dish of ice cream for at least that long. Then decide if you really want it. Chances are, you won't. (Or if you do, you won't mind saving it until tomorrow's breakfast.)

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 10

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

You may have to fight a battle more than once to win it.

—Margaret Thatcher

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Cordon off your kitchen after dinner. A simple yet powerful tool to help you battle night eating: Tape a piece of string across the entrance to the kitchen.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 11

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Perseverance is failing nineteen times
and succeeding the twentieth.

—*Julie Andrews*

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Excuse-proof your routine. Develop a “Plan B” so that unexpected events can’t derail your diet. For example, keep some sliced lean meat in the fridge at work in case a meeting runs long and you don’t have time to go out for lunch before the next one.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 12

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

You will never plough a field if you only
turn it over in your mind.

—*Irish proverb*

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Use your hands when you watch TV. Hem a skirt, knit a sweater, clip your dog's nails. When your hands are full, your mouth isn't.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 13

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

If you talk about it, it is a dream. If you plan it, it is possible. If you schedule it, it becomes reality.

—Anonymous

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Sip a glass of water. Sometimes when you have a craving for something sweet, you are simply dehydrated. Your craving may simply fade away.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 14

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

In the middle of difficulty lies
opportunity.

—*Albert Einstein*

WORKOUT

Take a brisk 20-minute walk, or perform two of the 10-minute workouts (chapter 8).

NOTES

CURE FOR CRAVINGS

Brush your teeth. If you find yourself wandering into the kitchen for a snack, head for the bathroom instead and pick up your toothbrush. You'll freshen your breath, occupy your hands, and snap yourself out of a craving.

NOTES

BIG BREAKFAST DIET

DAY 15

DATE:

MY WEIGHT
TODAY:

MY WAIST
TODAY:

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

“I can’t do it” never yet accomplished anything; “I will try” has performed wonders.

—George P. Burnham

WORKOUT

If you feel ready to increase your workout, take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Don’t label foods as “bad” or “forbidden.” Remember, it’s not what you eat, but how much and when you eat it, that keeps you overweight. As my plan proves, you can have some of all the foods you love—if you time it right.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 16

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

We can do anything we want to do
if we stick to it long enough.

—Helen Keller

WORKOUT

Take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Practice eating the foods you crave. If you're afraid to eat ice cream or pizza because you can't stop once you start, try eating them at breakfast. Eating them at the right time will likely tame your out-of-control cravings for them.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 17

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

He that is good for making excuses is seldom good for anything else.

—Benjamin Franklin

WORKOUT

Take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Derail cravings with the *5 Ds*. *Delay* eating your craved food for at least 10 minutes to see if the craving passes. *Distance* yourself from the food—leave the room or the area. *Distract* yourself with an activity that requires mental focus. *Determine* how important it is to eat the food you crave—do you absolutely, positively need it? If so, *decide* how much is reasonable—then savor every bite.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 18

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.

—*Stephen R. Covey*

WORKOUT

Take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Treat yourself. You've kept rigidly to the Turbocharged version of the diet for more than two weeks. You deserve a reward. So treat yourself—not with an ice-cream sundae (unless it's at breakfast), but with a massage, a new lipstick, or a pedicure.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 19

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

The dictionary is the only place where success comes before work.

—Mark Twain

WORKOUT

Take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Be prepared for PMS cravings. Mark your calendar. To master your cravings at “that time of the month,” make sure to get enough sleep, stay hydrated—and enjoy your breakfast sweet without guilt.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 20

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

What would you attempt to do if you
knew you would not fail?

—Robert Schuller

WORKOUT

Take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Ever heard of The Breakfast Club? Start a *Big* Breakfast club. You're likely to find several neighbors and colleagues eager to join you. Maybe members of your book group—or your family—are interested in the diet. It's sometimes easier to stick to something if your peers are committed to it, too.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 21

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Success usually comes to those who are too busy to be looking for it.

—Henry David Thoreau

WORKOUT

Take a brisk 30-minute walk, or perform two or three of the 10-minute workouts (chapter 8). If exercise is new to your lifestyle, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Hang up on a craving. When all you can think of is chocolate-chip cookies, pick up the phone and schedule an appointment or discuss your bill with the electric company instead. You can call a friend, too—but only if you can trust yourself not to munch while you chat!

NOTES

BIG BREAKFAST DIET

DAY 22

DATE:

MY WEIGHT
TODAY:

MY WAIST
TODAY:

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Do a little more each day than you think you possibly can.

—Lowell Thomas

WORKOUT

If you feel ready to increase your workout again, take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Ask this question before you succumb to a craving: “Is this [cookie, slice of pizza, whatever] more important right now than meeting my goals?” Most of the time your answer will be “no”—and simply deciding not to indulge a craving will help it melt away.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 23

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

Knowing is not enough; we must apply.
Willing is not enough; we must do.
—*Johann Wolfgang von Goethe*

WORKOUT

Take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Keep busy during prime time. If you tend to snack in front of the TV at night, first check out the list of Free Foods on page 65 and snack on those. If you're all veggied out, find ways to distract yourself during commercials. Instead of heading for the kitchen during a commercial, check your e-mail, march in place, make tomorrow's to-do list, or put in a load of laundry.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 24

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

The choices you make, make you.

—Anonymous

WORKOUT

Take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Battle back from a binge. No matter how guilty you feel, eat your next scheduled meal. For example, if you binged at night, eat your normal breakfast—including your breakfast sweet. The last thing you want is to starve yourself after a binge—the very behavior that puts on extra pounds in the first place.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 25

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

We are what we repeatedly do.
Excellence, therefore, is not an act
but a habit.

—Aristotle

WORKOUT

Take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Do your cleaning on the weekends. Saturdays and Sundays are packed with unstructured time, which can trigger boredom eating. Tackle a large, messy project that involves your hands, a bucket, and soap and water. Wash your car, scrub the kitchen floor, and/or give your dog a much needed bath.

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 26

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

If you don't like something, change it. If you can't change it, change your attitude. Don't complain.

—*Maya Angelou*

WORKOUT

Take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Chew gum while you cook. Many of you on my plan will still have to get dinner on the table for your family even if you're not hungry for it. To keep yourself from tasting or sampling as you cook, pop a piece of sugarless chewing gum in your mouth. Simple, but effective!

NOTES

BIG BREAKFAST DIET

DATE: _____

DAY 27

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

The act of taking the first step is what separates the winners from the losers.

—Brian Tracy

WORKOUT

Take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Try something new. Is there a recipe you've always wanted to try? Plan your next meal so it's fresh and exciting—even if you've already identified meals that work for you, change it up. It might be just what you need to keep making progress! (And while you're at it, try something new for your workout, too: always wanted to learn karate? cross-country skiing? boxing? Here's your chance.)

NOTES

BIG BREAKFAST DIET

DAY 28

DATE:

MY WEIGHT
TODAY:

MY WAIST
TODAY:

MENU

MENU NOTES

BREAKFAST

LUNCH

DINNER

NOTES

It's always fun to do the impossible.

—Walt Disney

WORKOUT

Take a brisk 40-minute walk, or perform three or four of the 10-minute workouts (chapter 8). Otherwise, stick to the 20-minute workout from week 2.

NOTES

CURE FOR CRAVINGS

Leave the kids at home when you shop. Arrange for your spouse or a friend to watch them when you go to the grocery store. Without them begging you for junk, you'll find it easier to keep to your shopping list and make healthy choices.

NOTES
