



COMMANDMENTS OF SMART DIETING

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The 5 Commandments Of Smart Dieting



To really see best results from any diet plan you choose to use, you need to learn a few 'diet commandments'. These are guidelines that must be followed if you are going to see superior results that will help propel you forward.

Sadly, many people miss out on one or more of these and it greatly costs them their success.

Want to learn more? Check out the list of five commandments below.

Thou Shall Eat More Protein

Of all the foods that you could eat while on a fat loss diet, protein is perhaps the most important. Protein helps combat hunger, it helps stabilize blood glucose levels, and it helps prevent lean muscle mass loss. This in turn helps speed up your metabolism and accelerates the process of fat loss.

Don't let your diet intake fall short. Aim to eat some protein in each and every meal and snack that you consume.

Thou Shall Eat Regularly

While the concept that your metabolism will increase the more often you eat isn't entirely accurate — as the boost you get after a meal is directly related to the size of that meal — eating regularly does help to keep hunger at bay.

By feeding your body frequently throughout the day, you'll help avoid food cravings, energy lows, and make it that much easier to stick to your diet program.

Thou Shall Prioritize Fresh Foods

When selecting your foods, eating fresh is a must. We live in a world where processed foods are around every corner and just waiting to cause us weight gain.

Eliminate these and you'll really give your diet a boost. Focus on foods in their natural state — fresh fruits and vegetables, whole grains, healthy fats and oils, and lean proteins.

If you only make one change to your diet plan, make it this one.

Thou Shall Set Short Term Goals

One diet rule that you should abide by and follow is to always set short term goals for yourself. Think about what you are doing in the here and now, not months from now. It's too easy to lose sight of your goals if they

are going to take place six months to a year down the road.

Try thinking in three-week segments. Three weeks is about how long it takes for good habits to form, so is the perfect amount of time to you build behaviors that will stand the test of time.

This is precisely why The 3 Week Diet was created. It will help you stay motivated and consistent until you don't even have to think about making those changes any longer — They'll just be automatic.

Thou Shall Stop Comparisons

Finally, stop comparing yourself to others. Realize that this is your own journey and your own body. It's unlike anyone else's so you simply can't expect to see the same results as everyone else.

Instead, start comparing yourself today to yourself from yesterday. That will give you all the details you need to know. If each day you are getting better, you are successful in your journey.

So keep these diet commandments in mind. Focus on these and you can feel confident that you are headed in the right direction.





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