

# HOW TO LOSE WEIGHT WITHOUT “DIETING”!



**EAT LESS & EXERCISE MORE, FOR THE LONG HAUL.**

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*No need to buy any special food that says “Low this or low that”.*

*Spend less money and buy less food. Save your money to live a longer life!*

### Do’s:

1. What to eat:
  - A. Fish
  - B. Chicken
  - C. Vegetables
  - D. Only one fruit a day, or a piece of a large fruit
  - E. Limited amounts of starch such as: potatoes, bread, pasta and rice
2. What to drink:
  - A. Water
  - B. Only one 4 ounce glass of fruit juice a day
  - C. Diet soda or drinks sweetened with **Splenda, Nutrasweet or Equal**
3. Exercise regularly:
  - A. Exercise non-stop for at least 20 minutes a day and increase it gradually to reach 40 minutes a day, 5 days a week
  - B. Continue life-style activities as well

### Don’t Eat:

- A. Bologna, salami, pastrami, pepperoni, sausage, ham, bacon, hot dog, or processed meats or lunch meats or cold cuts
- B. Pickles, chips, canned soups or other canned foods. Avoid sodas, (even diet), if you have high blood pressure, due to salt content.
- C. Snack in between meals
- D. Anything that says ‘no added sugar’, unless it has an artificial sweetener
- E. Anything that *you don’t like*, just to be on a diet

### You can eat:

- A. Steak, pork-chops, lamb-chops, turkey—if fat is trimmed
- B. Fried foods
- C. *Eat the food you love to eat, only less of it*

**\*\*\*Price of this book is \$19.95, but for you it’s free\*\*\***