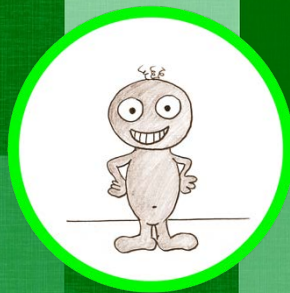


EAT ANYTHING DIET

Work Book



**Lose Weight Without Exercising
AND Eating And Drinking What You
Like INCLUDING Carbs & Alcohol!**

**By
A Ahuja BSc**

Published by AAP 2018

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This book is dedicated to my wife, Hana.



Table of Contents

PART I - GET MOTIVATED	1
PART II - SET TARGETS	11
i) Start Date	11
ii) Target Weight	13
iii) End Date	15
PART III - CREATE TARGET PLAN	17
PART IV - PREPARE EATING PLAN	25
i) Identifying the calorific content of your favourite food and drink	25
ii) Determining what to eat and drink and when	33
PART V - PREPARE YOUR MIND	38
i) Feasibility	38
ii) Has Anyone Done It?	40
iii) Can You Do It?	41
iv) Visualise	44
PART VI - PREPARE FOR THE PEOPLE AROUND YOU	48
i) Comforters	49
ii) Sabotagers	51
iii) Feeders	52
iv) The Jealous	53
About the Author	55
ALSO BY AJAY AHUJA	56

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PART I - GET MOTIVATED

By answering the questions below you will get to understand what will motivate you to lose weight.



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1. Why do you want lose weight? Is it for health reasons? Is it looks based? Be as descriptive as possible.



2. Has anyone else told you to lose weight and if so who and why?

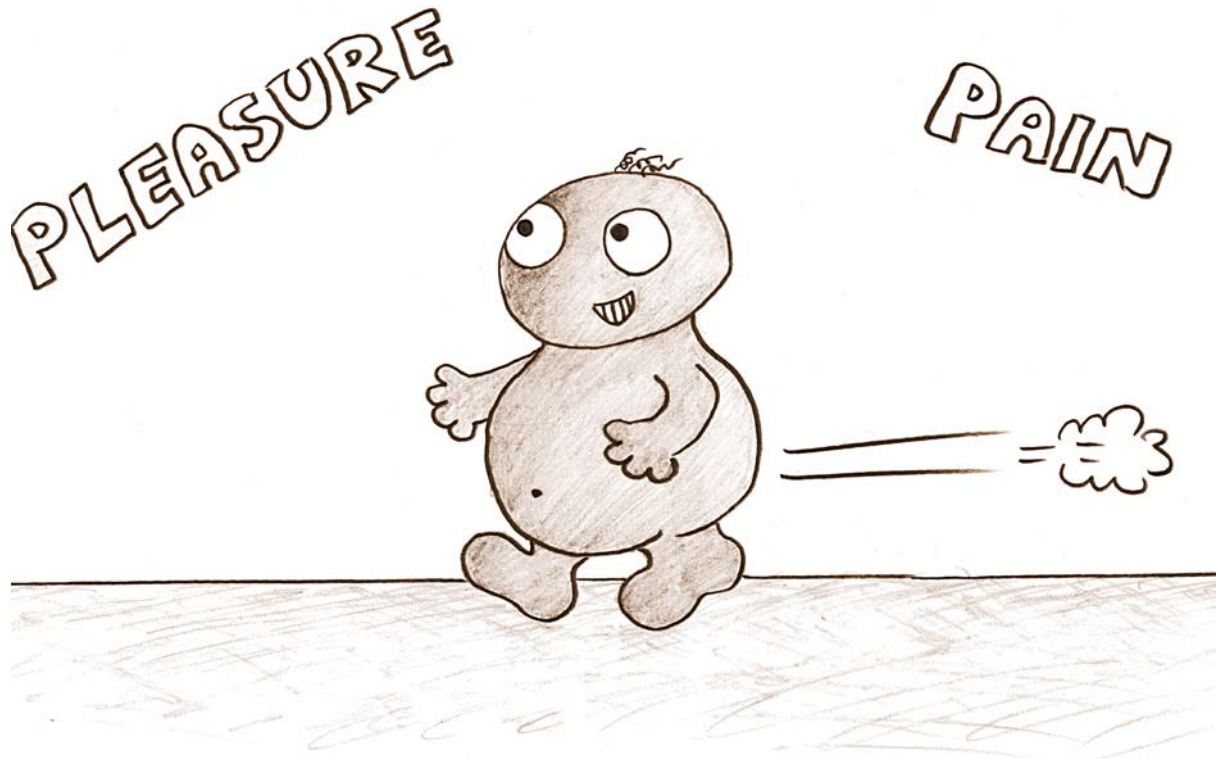
3. Has anyone commented negatively about your weight and if so who and what did they say?



4. Have you ever been weighed at the doctors or hospital and were there any comments made by a nurse or medical professional? Is so what were their comments?

5. How do you feel about your weight?

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6. What pleasures do you think you will get if you got to your ideal weight?

7. What potential hurt and pain will you avoid if you get to your ideal weight?

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8. What word, words and phrases do you associate with being overweight?

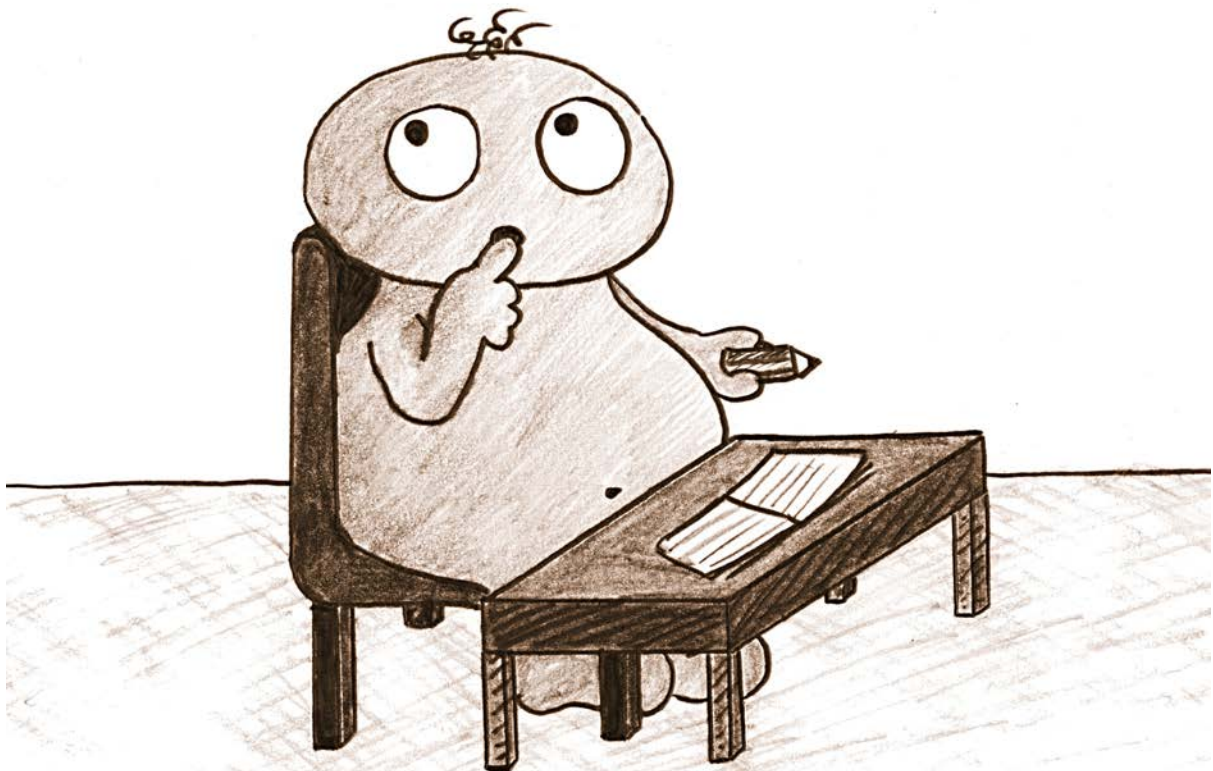
WORD	
WORDS	
PHRASES	



9. What word, words and phrases do you associate with being slim?

WORD	
WORDS	
PHRASES	

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10. Taking into consideration the answers to the questions above what word, words and phrases will motivate you to lose weight?

WORD	
WORDS	
PHRASES	



PART II - SET TARGETS

By answering the questions below will help you set a start date, target weight and end date.

i) Start Date



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1. Do you have any special days coming up within the next 4 weeks? If so what dates are these?

2. Are there any days you are away from home within the next 4 weeks? If so what dates are these?

3. What days are the most relaxing? Weekdays or Weekends?

4. What days are the most stressful? Weekdays or Weekends?



5. Taking into consideration the answers to the questions above what start date seems the most sensible?

ii) Target Weight

1. What weight were you most happy with since being an adult?

2. What waist size would you like to be?

3. What dress size do you want to be?

4. Who looks like the size you want to be?



5. What is your Body Mass Index BMI?

6. What weight would you need to be to have a healthy BMI?

7. What measurement do you prefer - kgs or lbs?

8. Taking into consideration the answers to the questions above what target weight seems the most sensible?



iii) End Date

1. What is 1% of your total weight?

2. What is 0.5% of your total weight?

3. Assuming you know your target weight how much weight do you need to lose?

4. How much weight do you want to lose every week?

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5. How many weeks would it take you to lose the weight calculated in question 3 and the rate loss answered in question 4?

6. What date do you get to when you add the number of weeks from your chosen start date?

PART III - CREATE TARGET PLAN

Here are 10 blank target plans for you to fill out now and in the future if you have to readjust. To get your target calorie intake visit: <https://www.niddk.nih.gov/bwp> and enter your data.



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[illegible]

[illegible]

[illegible]

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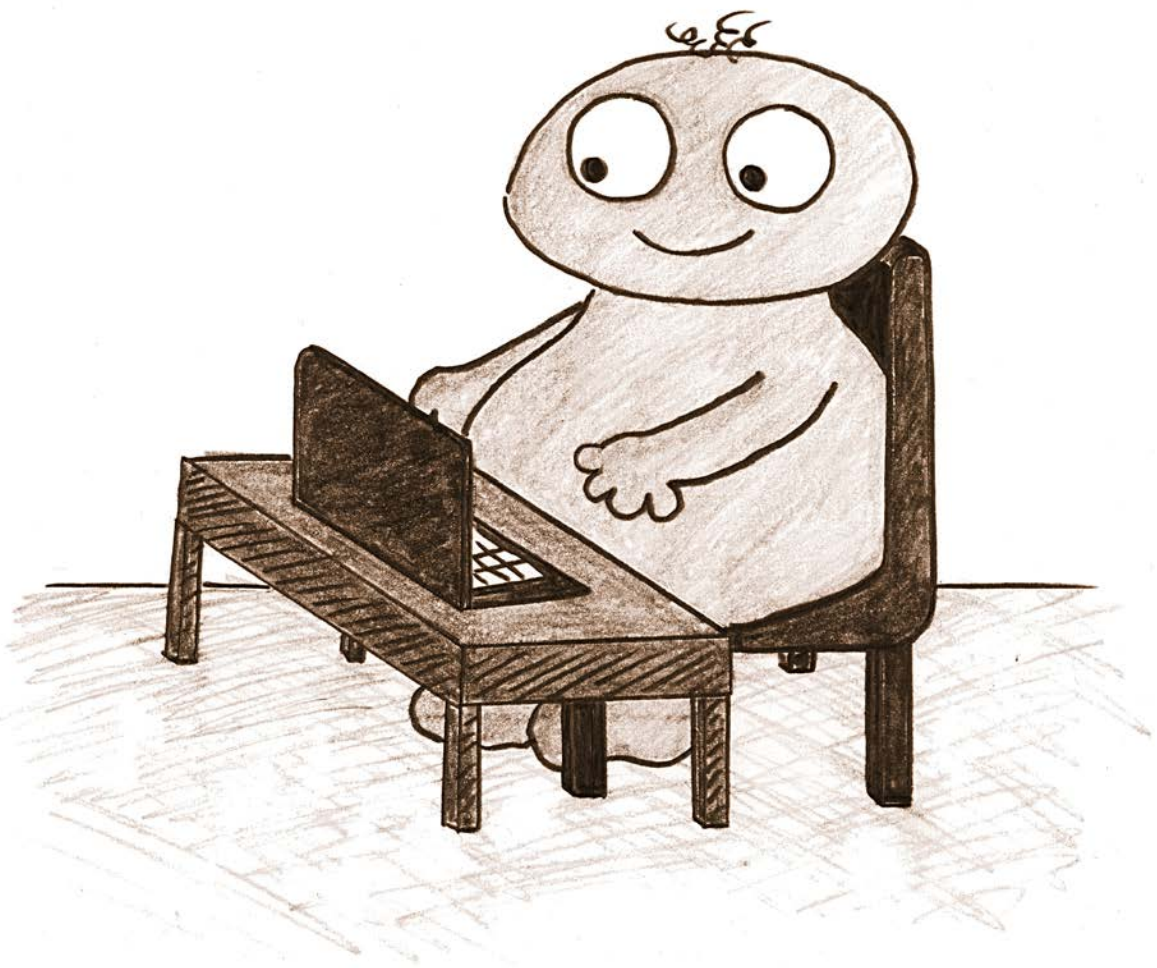
PART IV - PREPARE EATING PLAN

This section will help you plan what to eat and when.

i) Identifying the calorific content of your favourite food and drink

You will find google.com will help you get the answers to these questions below.

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1. What drinks do you like to drink that are around 5 calories, 50 calories and 150 calories?

5 CALORIES	
50 CALORIES	
150 CALORIES	



2. What snacks do you like to eat that are around 100 calories, 200 calories and 300 calories?

100 CALORIES	
200 CALORIES	
300 CALORIES	

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3. What meals do you like to eat and drink that are around 200 calories, 400 calories and 600 calories?

200 CALORIES	
400 CALORIES	
600 CALORIES	



4. How many calories are in your favourite junk food and drink?



5. How many calories are in your favourite restaurant food and drink?

6. If you drink alcohol how many calories are in your usual alcoholic drinks?

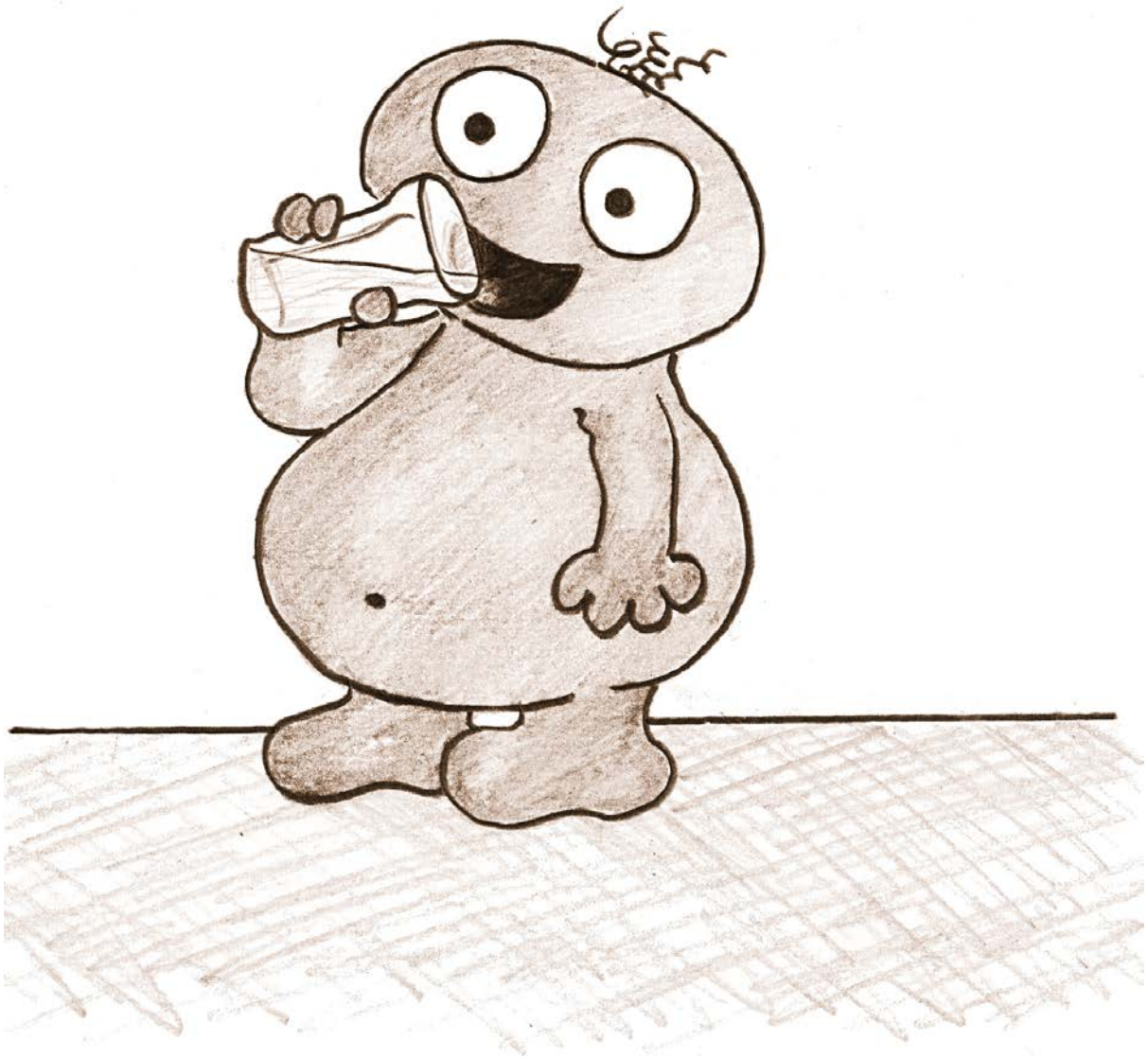
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ii) Determining what to eat and drink and when

Based on your answers above and your target daily calorie intake plonk the food and drink identified above in this two week eating plan below. Make sure the total calories are equal to or less than your target daily calorie intake.

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	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
MON						
TUES						
WEDS						
THURS						
FRI						
SAT						

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	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
MON						
TUES						
WEDS						
THURS						
FRI						
SAT						
SUN						

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	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
MON						
TUES						
WEDS						
THURS						
FRI						
SAT						
SUN						

PART V - PREPARE YOUR MIND

These exercises should create solid belief that this system will work.

i) Feasibility

1. What health, private and or government organisations do you trust and believe in what they say?



2. From the list above track down their websites using google and search their sites with search terms as “lose weight” or “calorie count” or “cut calories” and establish whether these organisations support the notion that restricting your calorie intake results in losing weight.
3. Do a google search of “lose weight by cutting calories” and visit resulting sites that appear to be trustworthy. Do they support the notion that restricting your calorie intake results in losing weight?



ii) Has Anyone Done It?

1. Do you know anyone who has lost weight and kept it off? List their names below. Contact them and ask them how they did it and specifically ask if they restricted their daily calorie intake.

2. From the sites identified in the Feasibility section see if there are any personal stories detailing how they lost weight and read them. Do they seem believable?



iii) Can You Do It?

1. If you managed to find some people you know who lost weight and restricted calories ask yourself if they had any special attributes or advantages that you do not have? If so please list them.

2. If they did have some special attributes can you learn them with a bit of effort? If yes state how you will do it.



3. If they did have some advantages can you overcome these? If yes state how you will do it.

4. From the real life stories you have read from the trusted websites identified above do they have any special attributes or advantages you do not have? If so please list them.



5. If they did have some special attributes can you learn them with a bit of effort? If yes state how you will do it.

6. If they did have some advantages can you overcome these? If yes state how you will do it.



iv) Visualise

When you have 5 minutes to yourself picture in your mind your slim self exactly how you would look. After you have done this exercise record the answers below. Specifically think about:

1. What does your face look like?

2. What do your cheeks look like?

3. What does the area under your chin look like?



4. What does your neck definition look like?

5. What do your shoulders look like?

6. What does your chest area look like?

7. What do your upper arms look like?



8. What do your lower arms look like?

9. What do your hands look like?

10. What does your abdomen region look like?

11. What does your bum look like?



12. What do your thighs look like?

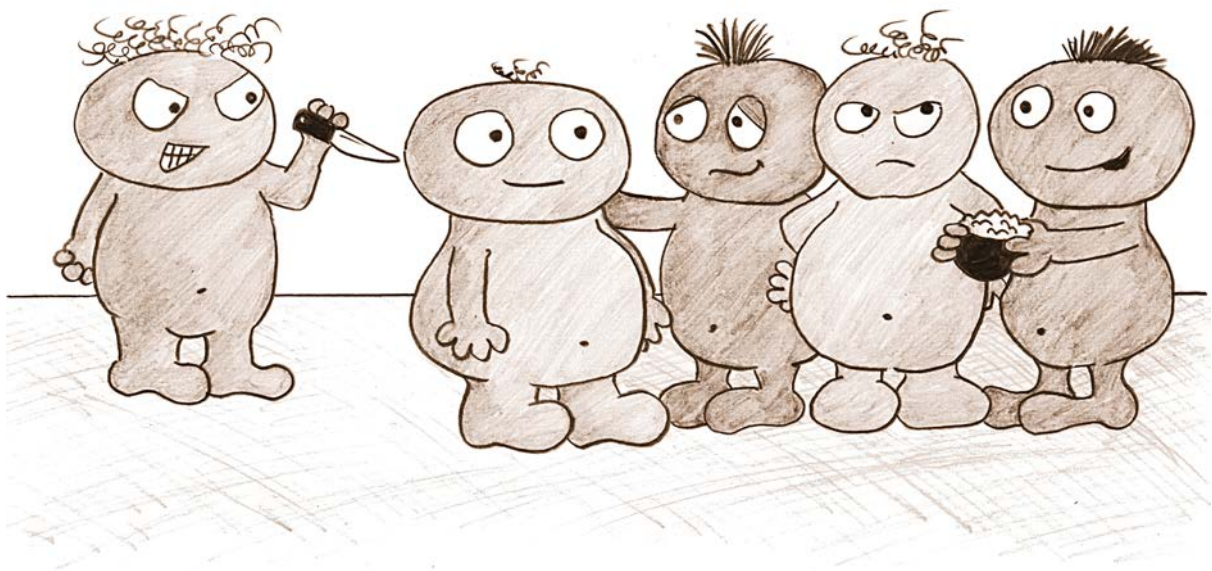
13. What do your lower legs look like?

14. What do your ankles look like?

15. What do your feet look like?

PART VI - PREPARE FOR THE PEOPLE AROUND YOU

Prepare for these 4 types of people that may or may not be around you.





i) Comforters

1. Identify friends, family or work colleagues who are happily overweight and you eat and drink with them:

--

2. Consider the people named above and put a tick next to those who you think will be comfortable with your pursuit of losing weight and a cross next to those who you think will be uncomfortable with your pursuit of losing weight.
3. Write down alternative activities you could do together other than eating and drinking for the people you put a cross next to.

--

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See the people who you have ticked and the people you think you can do alternative activities with. Avoid the people you have put a cross next to and you can't think of doing any alternative activity.



ii) Sabotagers

1. Identify friends, enemies, family or work colleagues who would love to see you fail in your pursuit of losing weight:

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2. Consider the people named above and put a tick next to those who you think will not affect you or you would enjoy seeing them failing at sabotaging you and put a cross next to those who could affect you.

See the people you put a tick next to. Avoid the people you have put a cross next to.

iii) Feeders

1. Identify friends and family who love to feed you:



-
2. Consider the people named above and put a tick next to those who you think will be considerate of your pursuit of losing weight and a cross next to the people that won't be.

For the people you put a cross next to when you see them adjust your eating plan for that day to accommodate the higher calorie meal or meals they serve you or make sure you leave some food on the plate.

iv) The Jealous

1. Identify friends, enemies, family or work colleagues who you think would be jealous of you if you were slim:



-
2. Ask the people most closest and trusted to you to identify friends, enemies, family or work colleagues who they think would be jealous of you if you were slim:

Avoid all the people on this list if possible or keep time spent with them to a minimum.

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About the Author

Ajay Ahuja is the author of nineteen other works of non-fiction and fiction, most recently TeleVision, published by AAP Books in 2016. He lives in Cambridgeshire.

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7 Steps To Leaving The Rat Race
The Buy To Let Bible
You, Property and Your Pension
Buy To Let Property Hotspots
Buy To Let Hotspots in London
Property Hotspots in Spain
The Seven Pillars Of Buy To Let Wisdom
How To Make Money From Property
The Property Clock
Investing In Student Buy To Let
How To Make A Fortune On The Internet
Property Hotspots Around The World
How To Get On The Property Ladder
Beyond Vengeance
Charlie
Own Goal
Hey Dickhead Read This
How To Give Up Drinking Fast And Stay Sober
TeleVision

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