

HOW TO CHEAT AND *STILL* LOSE WEIGHT

SOLUTION-SUBSTITUTION "CHEAT SHEET"

Dr. James Meschino DC, MS, ND



Minerals

Herbs

Essential Nutrients and Essential

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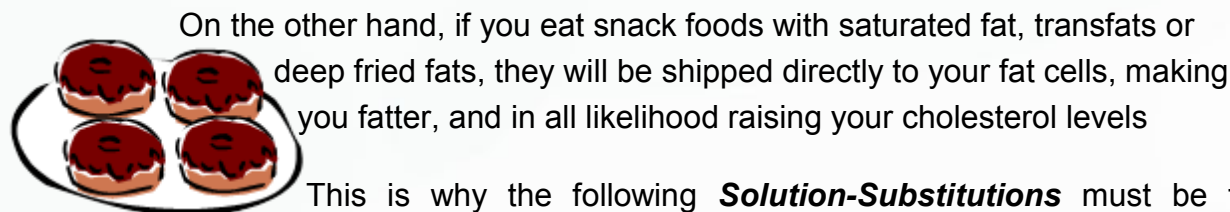
As a weight loss consultant I have learned that people (including myself) need to have some “cheat foods” along the way, or they will eventually give up on the program and regain all the weight they lost and, often more. In these moments of temptation it’s important to choose a small serving of a low-fat treat that can:

1. Get you through the moment
2. Soothe the anxiety, and then,
3. Allow you to get back to your daily routine,

without sabotaging your entire weight loss program.



For the most part, solution-substitution snack foods contain carbohydrate calories. If you are exercising properly then your body can accommodate some of these extra carbohydrates and store them in your liver and the muscles’ carbohydrate fuel tank (glycogen), provided you don’t overdo it



On the other hand, if you eat snack foods with saturated fat, transfats or deep fried fats, they will be shipped directly to your fat cells, making you fatter, and in all likelihood raising your cholesterol levels

This is why the following ***Solution-Substitutions*** must be the choices you make in these moments of temptation when you feel like you just can’t resist.

I admit they don’t taste as good as their high fat counterparts, but you simply have to make the adjustment to these kinds of comfort foods if you hope to win the anti-aging, and wellness game and get the fit, healthy body you want. The four categories of ***Solution-Substitution*** snacks and treats are defined by:

- ***Ooey-Gooney***
- ***Chippy-Dippy***
- ***Frozen Desserts***
- ***Bars***

Let’s take a look at some in-the-moment ***Solution-Substitution*** choices I have identified for my patients.

OOEY-GOOEY

High Risk Foods to Avoid



- cheesecake
- chocolate cake
- pastries
- doughnuts, etc.



Lower Fat Solution-Substitutions

- angel food cake
- low-fat muffin
- pie without crust
- fresh fruit
- bagels
- cinnamon raisin bread
- low-fat cookies (e.g., Fig Newtons, Gingersnaps, Graham crackers)
- muffin top
- biscotti



CHIPPY-DIPPY

High Risk Foods to Avoid

- potato chips
- nacho chips
- cheese twists, etc.



Lower Fat Solution-Substitutions



- melba toast or any low-fat biscuits dipped in salsa
- rice crackers
- low-fat popcorn (less than 1.5 gm fat per 3 cups)
- pretzels
- roasted chestnuts
- hummus dip with rice crackers (small serving)
- mixed nuts with dried cranberries and raisin mix (handful)



FROZEN DESSERTS

High Risk Foods to Avoid

- ice cream
- sundaes
- milkshakes, etc.



Lower Fat Solution-Substitutions

- low-fat frozen yogurt
- sherbets
- frozen fruit ices
- gelato



Note: Do not have these at home. These frozen desserts are items you may choose on occasion if you are out for dinner and everyone else is having a rich dessert and you are feeling a bit deprived. These are your Solution-Substitution in these moments.

BARS

High Risk Foods to Avoid

- chocolate bars



Lower Fat Solution-Substitutions

- a small handful of licorice, jujubes, raisins, gumdrops, jelly beans, more nutritional bars, such as a low-fat granola bar or nut-seed bar

For more information about my full weight loss regimen, check out:

[Dr. Meschino's Clinical Weight Loss Program](#)

To gain a full understanding of how to lose weight, I suggest you read my book, [The Meschino Optimal Living Program](#), and read the various weight loss articles available at meschinohealth.com

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