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# 5 SECRETS TO PERMANENT WEIGHT LOSS

# 01 // EAT FAT

Fat is an essential source of nutrients and energy in your diet. Enjoy items such as nuts, avocado, high fat dairy and eggs. Fat not only tastes good, it will keep you feeling satisfied for a long time.



## 02 // EAT PROTEIN

Ensure you have adequate protein present at each meal. Protein will help keep your energy ramped all day by helping to keep your blood sugars stable.



## 03 // EAT REAL FOOD

Avoid processed, refined, foods that are devoid of the nutrients your body needs. Focus on real food that will provide your body with what it needs to function at its best.



## 04 // EAT VEGGIES!

Vegetables are the best source of carbohydrate you can choose. They are high in fiber, low in sugar and full of the nutrients you need to feel great.



## 05 // LISTEN

Listen to what your body is telling you. Pay attention to your hunger and satiety cues. Eat when you are hungry (you don't have to eat as soon as you get up!) and stop when you are satisfied.





Do you want to learn more about how to achieve permanent weight loss?

Contact Sharon to set up a complimentary 15-minute session.

Get started today!

BOOK YOUR SESSION WITH  
SHARON FAST AT  
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