



Dr. Mike's 7 Step Weight Loss Plan



Strategies and Foods To Help You Live a Leaner, Longer, & Healthier Life

Step 3: Empty Calories

Dr. Mike



Dr. Mike Roussell PhD, is a nutritional consultant and author known for transforming complex nutritional concepts into practical nutritional habits that his clients can use to ensure permanent weight loss and long lasting health.

Remove Empty Calories to Effortlessly Cut Calories and Improve Your Health

The third step in your *7 Step Weight Loss Plan* is a double whammy. It is aimed at shrinking your waistline and improving your health. The fourth largest contributor of calories to the average American's diet is *calorie containing beverages*. This includes sodas, energy drinks, sports drinks, sweetened teas, and sweetened bottled waters.

These beverages don't do anything for you! You don't feel full after you have them and by having a calorie containing beverage with you meal, you're going to end up consuming more calories.

I'm convinced that drinking simple sugars, like the ones found in these beverages is the worst thing you can do for your health. They send you on an energy roller coaster ride and they manipulate your body's hormonal profile making it harder for you to lose weight.

How to Stop Drinking Calories

Step 1: Find out how many sweetened

beverages you are drinking each day. Remove one completely and replace it with water. Take another one of your sweetened beverages and replace it with the 'diet' version (you can find the diet version of just about anything). Do this for 1 week.

Step 2: The following week, we'll start to transition you away from calorie containing drinks even more. Replace your 'diet' drink with water or tea. Replace another one of your sweetened beverages with the 'diet' version.

Step 3: Repeat the process until you have completely eliminated calorie containing and sweetened beverages from your diet.

What to Drink Instead?

When you stop drinking empty calories you're going to need something to drink instead. You have more options than you think. Water is first on the list but beyond water you can have seltzer water, tea, iced tea (check out Lipton Cold Brew tea for a fast way to make iced tea, even at work). Iced green or herbal teas are also great choices. Water with lemon is another simple way to add flavor without calories.